DOCUMENT RESUME

ED 093 813 SP 008 177

AUTHOR	Ramser, Frances, Ed.; Bixler, Agnes, Ed.
TITLE	Field Hockey-Lacrosse Guide. June 1974-June 1976.
INSTITUTION	American Association for Health, Physical Education, and Recreation, Washington, D.C. Div. for Girls and Women's Sports.
PUB DATE	74
NOTE	116p.
AVAILABLE FROM	American Alliance for Health, Physical Education, and Recreation, 1201 16th Street, N.W., Washington, D.C. 20036 (Stock No. 243-25538; No price quoted)
EDRS PRICE	MF-$0.75 HC Not Available from EDRS. PLUS POSTAGE
DESCRIPTORS	Annotated Bibliographies; Athletic Activities; *Athletics; Guidelines; Guides; *Physical Education; Teaching Methods; Visual Aids
IDENTIFIERS	Field Hockey; Lacrosse

ABSTRACT

This guide is a collection of essays by various authors on field hockey and lacrosse. There is a separate section for each sport. The topics covered in the field hockey section include half-time coaching, visual aids, umpiring techniques and ratings, goalkeeper training, experimental field hockey rules, and the code of rules for the game of hockey for women. The lacrosse section contains essays on the following topics: the zone defense in women's lacrosse, visual aids, the rating of umpires, lacrosse in the Midwest, innovation, and the lacrosse multiskill test. There is an annotated bibliography for each sport. (JA)

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Field Hockey-Lacrosse

GUIDE

JUNE 1974 – JUNE 1976

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GUIDE

JUNE 1974 – JUNE 1976

With Official Rules

Joanna Davenport, Chairperson
NAGWS Sports Guides and Official Rules Committee

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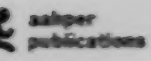

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National Association for Girls and Women in Sport

American Alliance for Health, Physical Education, and Recreation

Library of Congress Catalog Card No. 40-4143

Published by the

**AMERICAN ALLIANCE FOR HEALTH
PHYSICAL EDUCATION, AND RECREATION**

A National Affiliate of the National Education Association

1201 Sixteenth St., N.W. **Washington, D.C. 20036**

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NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT

The National Association for Girls and Women in Sport is a nonprofit, educational organization designed to serve the needs and interests of administrators, teachers, leaders, and participants in sports programs for girls and women. It is one of seven associations of the American Alliance for Health, Physical Education, and Recreation.

PURPOSE

The purpose of the National Association for Girls and Women in Sport is to foster the development of sports programs for the enrichment of the life of the participant.

BELIEFS

The National Association for Girls and Women in Sport believes that:

Sports are an integral part of the culture in which we live.

Sports programs are a part of the total educational experience of the participant when conducted in educational institutions.

Opportunities for instruction and participation in sports appropriate to her skill level should be included in the experience of every girl.

Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

Competition and cooperation may be demonstrated in all sports programs, although the type and intensity of the competition and cooperation will vary with the degree or level of skill of the participants.

An understanding of the relationship between competition and cooperation and the utilization of both within the accepted framework of our society is one of the desirable outcomes of sports participation.

Physical activity is important in the maintenance of the general health of the participant.

Participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relationships.

FUNCTIONS

The National Association for Girls and Women in Sport promotes desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating, and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

SPORTS GUIDES AND OFFICIAL RULES COMMITTEE INTEREST INDICATOR

The SGOR Committee is endeavoring to broaden its base of personnel and to strengthen its services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the SGOR Associate Chairman-elect, Helen Knierim, Wisconsin State Univ., Whitewater 53190.

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*You may serve on only one Sport Guide Committee at a time.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by –

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitation of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

All requests for information about services should be addressed to: Program Coordinator, National Association for Girls and Women in Sport (NAGWS), AAHPER, 1201 - 16th Street, N.W., Washington, D.C. 20036.

FIELD HOCKEY

9/10

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1974-1976

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[1] *Guide* material prepared by 1972-1974 Committee.

1972 UNITED STATES TEAM

Front row: J. Moser, S. Vaughan, V. Miller, M. Johnson, D. Wright.
Back row: G. Wentz, P. Hixon, B. Heuer, D. Dustin, R. Cash, M. A. Harris.

USFHA TEAMS – 1972

U.S. Team	Position	U.S. Reserve Team
S. Vaughn, North East	Left Wing	D. Philippi, Southeast
M. A. Harris, Phila.	Left Inner	J. Benscoter, Phila.
J. Moser, Phila.	Center Forward	S. Wilkins, Mideast
R. Cash, Phila.	Right Inner	J. Staver, Phila.
D. Dustin, Great Lakes	Right Wing	D. Field, Phila.
P. Hixon, North East	Left Halfback	A. Corl, Great Lakes
V. Miller, Phila.	Center Halfback	B. Landes, Mideast
B. Heuer, Phila.	Right Halfback	C. Hellerman, Midwest
M. Johnson, Phila.	Left Fullback	M. Baile, Great Lakes
D. Wright, Phila.	Right Fullback	T. Schwenkler, Phila.
G. Wentz, Phila.	Goalkeeper	B. J. Morgan, New-Atlantic

1972 UNITED STATES RESERVE TEAM

Front row: J. Stawer, B. Landes, A. Corl, M. Baile.
Back row: T. Schwenkler, C. Hellerman, B. J. Morgan, J. Benscoter, S. Wilkins, D. Field, D. Philippi (*not shown*).

USFHA TEAMS – 1973*

U.S. Team	Position	U.S. Reserve Team
R. Cash, Phila.	Left Wing	G. Moran, Mideast
M. A. Harris, Phila.	Left Inner	L. Plummer, Phila.
S. Wilkins, Mideast	Center Forward	J. Moser, Phila.
J. Stawer, Phila.	Right Inner	J. Grant, Phila.
D. Field, Phila.	Right Wing	S. Pontz, Phila.
B. Anders, Phila.	Left Halfback	J. Luce, Phila.
V. M. Cloud, Phila.	Center Halfback	B. Landes, Mideast
P. Hixon, North East	Right Halfback	W. Weeden, Great Lakes
M. Baile, Great Lakes	Left Fullback	T. Schwenkler, Phila.
D. Wright, Phila.	Right Fullback	S. Weld, Southeast
G. Wentz, Phila.	Goalkeeper	K. Brown, Phila.

*Photos were not taken of the 1973 USFHA Teams.

Selecting a College Varsity from Inexperienced Players

AUDREY ERICKSON

Audrey Erickson currently serves as associate professor in teacher education and coach of the varsity field hockey team at Queens College, New York. She earned a B.S. degree in physical education, an M.S. in guidance and a Ph.D. in educational administration. Actively involved with field hockey for almost 30 years, she is now administrative vice-president of the USFHA.

Fortunate indeed is the coach who is able to select her team from candidates who already possess sufficient strengths in abilities and attitudes for the level of competition they will meet. But, in many colleges the team must be developed from persons with little or no previous hockey experience. In this situation, the coach's ability to evaluate quickly a person's capacity to become a hockey player and her decisions to stress certain assets in different positions become crucial.

In picking a team from college students who are novices or complete beginners, work first on determining who the players for the squad will be and then on sorting them into positions where each player will be making a maximum contribution to the total team effort.

Principal Qualities of Players

The qualities to be emphasized are (1) ability to think in a team game situation and (2) an aggressive determination to become better and to win. The qualified coach can train a person to play hockey but she cannot train her in the basic desire and determination needed. And, a player's ability to think for herself, to learn from her experience, will greatly affect her development in the areas in which she can be helped. The difference between thinking ability and desire of teams often determines the outcome of a game. Eleven players who are all thinking and playing together with aggressive determination can succeed against a team composed of players who are more highly skilled and experienced.

There are a number of ways in which the novice demonstrates that she has these essential ingredients. The player who does not need to be told to go for the loose ball, who instinctively tackles

back when the ball is taken from her and who never, never gives up has the quality of desire. She may be the player who is running all over the field, but if she also can think, she can be controlled and "tamed." On the other hand, she may be the player who is less noticeable, but who consistently attempts to gain or retain possession of the ball for her team.

The player who, by herself, changes what she has been doing when unsuccessful against an opponent is clearly showing thinking ability. For the novice, the success of a new approach is not as important as the fact that she does try something new. Looking before passing the ball and moving as the ball moves when not involved in the play are indications the player is thinking. Another indication is the attempt to place the ball where a teammate can gain possession. The real key in assessing the inexperienced hockey player is in what she attempts to do and the adjustments she makes, both in relation to her teammates and her opponents.

Secondary Qualifications of Players

It is sometimes tempting to give other factors primary importance but there are also secondary considerations in choosing a team. For the coach accustomed to working with novices, perhaps the most significant of these is experience. In this situation, the player who has some experience usually stands out in the initial sessions by her better stickwork and positioning. What must be considered is whether her attributes are sufficiently great that her initial superiority will be maintained.

General athletic attributes, such as quickness, speed, stamina, and strength are, of course, important. However, beyond the physical assets needed for the player to contribute her share to the team effort, consider these only in deciding among players who can think and who have desire.

Confidence, or rather lack of it, is another factor that needs to be judged carefully. Certainly, confidence is needed in every player when the team takes the field for a match. However, in the beginner, indications of lack of confidence may really reflect frustration. If this is the case, confidence will come with development of abilities, the coach's confidence and the experience of success.

Effectiveness in different positions requires different temperaments and attitudes. A halfback who consistently passes her forwards and rushes shots for goals may really belong on the forward line. Conversely, the inner who is very effective in serving as a connector and initiator but who lacks aggression in the circle should probably be a halfback.

Given a girl's physical ability to fulfill a position, try to find the place that suits her best as a person. This process, of course, begins

with the first day of practice. In doing this with players whom you do not yet know very well, describe briefly the roles of the wings, inners, center forward, etc., then let them decide which they would like to try. If, after watching, you feel a player would be more effective in another place, suggest that she try it. This self-selection process not only contributes to the player's satisfaction with the game but also shows that often her initial choice is right for her.

Strengthening the Team

Once the players for the squad have been chosen, work on finding the strongest combination of 11. In any group of players there are differences in thinking ability, inner determination, and physical abilities as well as temperament. Try players in specific positions according to the particular combination of qualities each player offers relative to the others and with regard to those assets which are essential in each position to have an effective, integrated team.

Good thinking ability is a prime requisite for the fullbacks, the center halfback and the inners. Seek to place the five best thinkers in these positions. Since some players adapt more readily than others to specific positions, various arrangements should be tried among these positions in an attempt to find an effective working combination for the framework of the team. For the fullbacks, the ability to wait for the right moment to make a move and a steadiness under pressure are also important. The inners need to be able to show initiative and creativity. The center halfback must be able to be both an attacker and a defender and show rapid development of an understanding of the whole game. She is in the best position to set up attacking moves that unbalance the opposing defense, and also to restrict effective use of the entire field by the opposition.

The two positions in which natural temperament is the essential characteristic are the center forward and the goalkeeper. In the center forward, look for the player who shows no hesitation in the attacking circle, and whose desire to score goals is so strong that nothing or no one modifies her attempts to get the ball into the cage. She must also have quick reflexes and a sense for taking the opposing center halfback out of the play. The goalkeeper must be a player who has no fears, and who has the courage of her convictions to call for and take the play. She must also have a strength of attitude that is unaffected by a goal being scored in order to sustain good working defense under pressure.

In the wings and side halfbacks, place emphasis on the ability to adjust to other members of the team, and look for players who will complement the assets and liabilities of the other players. The side halfbacks need to show a responsiveness to coaching and an aptitude for learning positioning. The wings should show a good sense of

outmaneuvering their opponents, a real determination not to be cut off the ball, and the ability to gain possession of the loose ball.

In addition to the specific assets already mentioned, there are attributes needed by all eleven players for the team to become an effective working unit. As they play together, each team member should develop a sense of each other's strengths and weaknesses. A replacement should be considered for any player who does not begin to learn to place the ball where it can be reached by the particular teammate for whom it is intended, or does not position herself so that she can be reached easily by others.

There are also a few practical aspects important in developing an effective team from college-age novices which are different from working in a situation with younger players or where there is sufficient time to develop players gradually. From the first day, the players should be involved in full game situations. This will serve not only to stimulate their interest and give them maximum possible experience before the first match but also their responsiveness to the coaching of techniques will be enhanced as they see their own needs from the game experience.

There is also insufficient time for each player to develop all the skills that should be in the repertoire of a hockey player. Therefore, beyond a few basics, such as a hard drive, a good push pass, and stopping the ball with control, concentrate on working with each player individually to develop particular skills for the position she is playing. For example, by the time of the first match, the side halfbacks should have good roll-ins; the left side players should have a strong drive to the right (push-in); the left wing and inner should have a reverse stick shot; the fullbacks should be able to stop anything on their stick; the center forward should have developed expertise at bullying; the right inner and wing should have a flick shot to the left; the center halfback should be able to dodge to the left and to the right; the fullbacks should have a strong flick or a high scoop; and the goalkeeper should have strong clears to both the left and the right. As they continue to play, they will gradually acquire all the skills needed to become talented hockey players. In the meantime, they have learned some specialized skills that will maximize their ability to outdo their opponents.

Let's Train Those Novice Goalkeepers

JULIE C. BALDWIN

Julie Baldwin graduated from Beaver College, Glenside, Pennsylvania, and is the field hockey coach for the Mary C. Wheeler School. She has been a U.S. Reserve goalie and was North East Sectional goalie for several years. She is currently serving as hockey chairman for Rhode Island NAGWS.

How many times have you heard coaches complain, "What can I do with that goalkeeper?" or "I don't know how to coach goalies"? This article is for the coach who has not played this position, but is interested in working with the beginning goalkeeper.

It is very possible with good selection[1] and sound instruction in field hockey goalkeeping techniques to develop from the start an offensive player instead of a defensive guard at the goal.

There are four points the coach should keep in mind when working with a goalie:

1. Show through your enthusiasm and interest that this position is every bit as important as the other 10 on the team.
2. Stress the importance of the fundamental techniques.
3. Engage the goalkeeper in drills at every practice.
4. Analyze the goalie's play continually throughout the season.

Equipment

A good start means equipment that facilitates learning the position.

1. Hockey cleats – should be the conventional low type; lightness aids agility.
2. Doman kickers – should provide sufficient protection, but sponges can be inserted over the shoes for additional protection. (The step-in leather overboot is too cumbersome to be efficient.)
3. Leg pads – should be heavy white canvas with cane inserts and double wings.
4. Hockey stick – should fit as for a regular field player to allow for adequate reach and bullying.

---

[1] Jenepher P. Shillingford, the art of goalkeeping, in *1968-1970 DGWS Field Hockey-Lacrosse Guide* (Washington, DC: AAHPER, 1968), pp. 37-40.

5. Glove – padded goalie glove is essential so player gets maximum use from this left hand.
6. Clothing – long pants prevent chafing of leg straps, and absorption of perspiration and are less cumbersome than a kilt or tunic; clothing should be warm but not bulky for cold weather.

Conditioning

These suggestions are to supplement the coach's daily team conditioning program.

The foot work drills done in full equipment with stick in hand are to develop agility, strength and a feeling for the equipment being a part of the body.

1. Jog two lengths of field dribbling a ball with inside of the feet.
2. Slide right, left and backwards on balls of feet using small steps and keeping weight forward for balance. Repeat several times. Speed up commands.
3. Hop – left foot five times, right foot five times, feet together five times, alternate for 50 yards.
4. Dance back and forth over hockey stick on ground on balls of feet, working from slow to fast. Repeat two times.

Techniques

Grounding the beginner in the basics will prevent many problems as the season progresses.

1. Position in the cage

Start the goalie about five feet in front of the goal line. Stress the small, quick sliding steps when moving to the left, to the right or backwards. In a semi-crouch position, pads close together, ready for action, the goalie moves in a semicircle from post to post aligning herself between the moving ball and the goal. Concentration is of the utmost importance once the ball crosses the 25-yard area and moves into the circle.

A ball near the end line means the goalie should close off the area between her body and goal post as goals can score on this flat angle. She should be alert for flat passes across the cage within her reach. The goalie should pace the cage with the moving ball when it is down field. This keeps her alert and continually aware she's in the match.

2. Clearing the ball

The goalie learns to clear with the right foot and the left foot by alternating clears and giving equal practice time to each foot. These sweep clears are made with the inside of the foot meeting the ball at the area of the big toe joint. The knees are flexed, the head is over

the ball, the foot is close to the ground as a short backswing is used. The body weight is forward and transferred into the clear for power. Stressing the follow-through of the foot in the direction the goalie wants the ball to go gives accuracy.

Topping the ball is avoided by keeping the foot low to the ground. Lofting the ball is avoided by keeping weight low and balance forward, head over ball.

Start the goalie moving forward to clear a ball rolling toward her. Stress that eyes should be kept on ball. Teach her to clear a harder shot with a sweep, but waiting for it to come to her.

The goalie mentally divides the cage in half. She sweeps balls on her left side with the right foot aiming for long, strong clears, parallel to end line and into the alley area. Balls on the right side should be cleared in the same way with the left foot toward the alley area to her right.

Stress clearing immediately the loose balls coming into the circle and slow balls getting away from the attack. Timing the clears is developed through practice and concentration on the ball.

As confidence and experience develop, the goalie learns to clear through holes to her defense and to her attack. A novice goalie is usually safe in clearing to the alley areas and trusting her backs to continue the attack from there.

3. Blocking shots

A very hard drive at the goal or a bouncing ball is stopped with a block which puts the ball close to the goalie's feet for the finishing clear.

In order to execute a block the goalie lines up the ball, takes a semi-crouch position with pads together, knees flexed, with arms extended diagonally outward for balance. As the ball hits the pads, it is deflected to the ground. A quick clear prevents forwards from picking up the rebounding ball. At this point, stress regaining the balanced crouch position in anticipation of a return shot. Agility is important.

Start the goalie blocking shots coming directly to her pads. As confidence and skill improve, have the forwards follow up their shots. This will develop speed in clearing and simulate some game tension.

Tell the goalie to have weight on balls of feet and in contact with the ground as the ball hits the pads. This should prevent jumping forward to meet the ball and losing control of it, or having it roll under her feet.

4. Use of stick

The stick is gripped by the right hand about 10-12 inches from the top. Emphasize that the stick is used as an emergency tactic when the goalie cannot beat the attacker to the ball except by reach.

With the right hand, a short backswing is executed to contact the ball and clear it to the left. When lunging to the right, place the flat of the blade on the ball and push away quickly with almost a flicking action toward the side lines.

Practice quick stick clears after blocking hard shots. Rolling balls just out of goalie's reach to her right is good practice for lunging and push-flicking clears.

5. Use of left hand

The left hand is used to stop scoops and flicks at the goal. The goalie should catch and drop the ball immediately. It is illegal to place the ball. The hand-stop should be followed with a quick clear.

Underhand tosses followed by gentle scoops and flicks right to the goalie will develop confidence in handling aerial balls. As the goalie gains experience, players should follow up their attempts at goal and look for openings to really test her reactions and mobility.

6. Rushing out to meet the lone attacker

When moving out from the cage, the goalie should

(1) keep eyes on ball
(2) go quickly with small steps, even to circle's edge
(3) not hesitate once decision is made
(4) go only if attacker has lost defense
(5) meet the ball with a sweep clear as it comes off the attacker's stick.

The angle is decreased as the goalie moves out and the percentages are greater that she will force the attacker to shoot wide of the cage. The added pressure of the advancing goalkeeper often causes the attacker to put the ball onto her pads.

Using a rope, tie ends at points A and B, the goal posts. Stretch to circle's edge and move point C to different spots to illustrate how the angles change shape (see diagram on page 22).

7. Position on corners

The goalie positions in a semi-crouch with feet and stick behind the goal line toward the corner hit and then steps forward to line up the receiver. Allow the defense to position opposite their opponent even though this puts them inside the goal cage.

8. Penalty bully

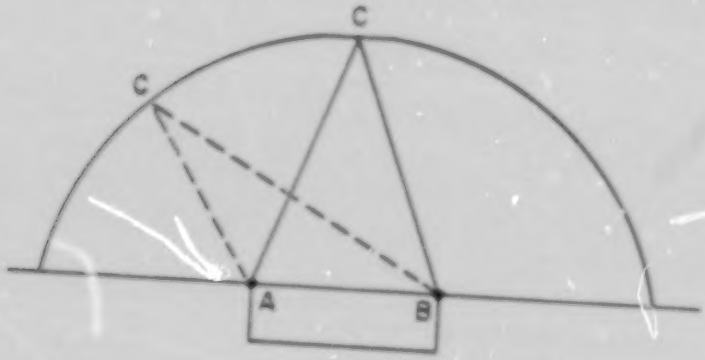
The goalie should be well informed on rules pertaining to this bully. Tactic: put hand well down stick for control, slow bully, keep stick on ball at end and wedge free for a hard push out of the circle.

Practice bullies daily with a fast forward on spot where penalty bullies are taken. To avoid penalty bullies and other infractions it is important that the goalie is familiar with the rules of the game.

The novice goalie can assist her defense by calling "mine" when she wants a loose ball or when she is definitely moving out of her usual positioning to handle a ball. She has an excellent view of the

overall defense and should learn to look for unmarked opponents and remind her teammates by calling "mark." There is no need for a constant flow of idle chatter or officiousness.

Every goalie develops her own style of play with modifications here and there. There is no one perfect style. The techniques discussed here are the basics with which to start.



Half-time Coaching

LIBBY WILLIAMS

Libby Williams is a teacher and coach at Plymouth Whitemarsh High School, Plymouth Meeting, Pennsylvania, having received her B.S. and M.S. degrees from the University of Pennsylvania, Philadelphia. She has been a member of the U.S. team and U.S. touring teams. She has served as coach for the U.S. team and is an honorary member of the USFHA.

Half-time oratory is most commonly thought of as Knute Rockne at his best with a "Win one for the Gipper" plea. The popular image impression is that half-time coaching is both inspirational and demanding – a cross between Rockne, Lombardi and Billy Graham.

Hockey and lacrosse do not offer the opportunities for half-time orations by the coach. Unlike football, basketball ice hockey, etc., where 15 to 20 minutes are provided, our sports provide only 5 to 10 minutes. This limited period provides the players with a brief rest and the coach with the opportunity to praise, correct, encourage and review the basics of attack and defense.

It is important to call the team together at a safe distance from friends and parents. The coach needs the players' undivided attention. When you are correcting individual faults, you are discussing play on the field, not attacking the player personally. Parents and friends do not always understand this, so be sure to address your remarks only to members of the team.

Half-time should be used to review and stress the fundamentals of positional play. It is not the time to initiate new strategy. Advanced college and association players can adapt to changes in strategy. Most school players, however, are limited in their overall comprehension of the game. Quickly formulated changes will pass right over their heads and result in total confusion on the field. Stick to basics that have been taught and practiced.

When praising or criticizing, it is a good idea to talk to the defense as a whole and then to break it down to individuals. Despite the fact that you may be extremely disappointed in the play, it is sound psychology to praise good play first and then point out where improvement is a must.

It is often easier to talk to a team that is losing. Although you have only a few minutes when you could rant on for hours, you can point to definite breakdowns in the overall play. You can help with suggestions for defense and offense, steady the faltering individuals and pull the players together for a better organized team effort in the second half.

On the other hand, the team that is ahead can be more of a challenge. With a seemingly safe lead the team tends to become complacent. Players suddenly realize that their opponents are not half as good as they were led to believe. They are less apt to take constructive criticism seriously. They tend to lose the momentum that they had achieved before the half ended. Once lost, that fine edge is very hard to regain. It is important to keep the pressure on, to point out team and individual errors and to demand improvement in the final period of play.

In order to give constructive help to individuals and to the team, the coach must know the game. The coach who resorts to pep talks at half-time is usually unable to analyze the play of her own team or her opponents'. She has no constructive suggestions and depends on enthusiasm to carry the team to victory. Her team may win now and then, but in the long run it will lose to teams that are well schooled in basic skills and positional play.

Games are won on the practice field. There is no substitute for hard work and constant repetition of skills. A well drilled team may play below its usual standard. Half-time will give the coach a chance to review and stress the fundamentals that may have been forgotten in the excitement of competition. It does little good to point out the obvious. Even usually reliable players will have days when they cannot control the ball. You don't help a slow halfback when you tell her to catch that fast wing – she would if she could. It is far

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General Reminders for Team at Half-time

Forwards	*Halves*	*Backs*
1. Cut to meet the ball.	1. Back up the forward line.	1. Do not get caught square.
2. Make spaces for passes.	2. Distribute passes to right and left.	2. Mark in the circle.
3. Stay "onsides."	3. Side halves mark the inner when ball is on opposite side of field.	3. Change direction with passes.
4. Keep sticks down in the circle.	4. Center half mark center forward.	4. Make good use of free hits.
	5. Out fast on corners. Go all the way to opponents.	5. Out fast on corners. Go all the way to opponents.
		6. Cover back-tackle outside circle. Do not back up into circle.

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better to stress correct defensive positioning so that the defense as a whole can cope with the problem.

School hockey games are both competitive and learning experiences. Sportsmanship and manners are not innate qualities. They must be taught and reinforced. Before sending your team out for the second half be sure that you remind players that you expect them to play to the whistle without question or comment. Remind them that win or lose, it is their responsibility to thank their opponents, the opposing coach and the officials.

The Adapting of Major Team Games for Practicing Specific Hockey Skills

JEAN MACHEATH

Jean Macheath was visiting lecturer at Swarthmore College, Swarthmore, Pennsylvania, from 1972 to 1974. She was national coach for the All England Women's Hockey Association, played for Middlesex, England 1957 to 1972 and was South Reserve from 1962 to 1967. In 1972 she traveled throughout the United States conducting hockey clinics.

The four major team games (baseball, volleyball, football, and basketball) will adapt very easily to provide interesting, challenging and gamelike practices for specific hockey skills for players of all levels of ability if the coach gives the matter a little forethought and follows a few general principles.

At whatever level these practices are being set up, whether beginner or international, the teams should be kept small. Four versus four is ideal. This allows each player to participate without long periods of standing around doing nothing while waiting for a turn. Every one can and must be involved all the time.

Rules should be kept simple with only the really essential ones to start with and the others added gradually. The players are used in checking the accuracy of performance of the opponents (i.e., counting the number of push passes they hear leaving the stick or the number heard hitting the stick when fielding the ball), in accordance with the instructions set by the coach.

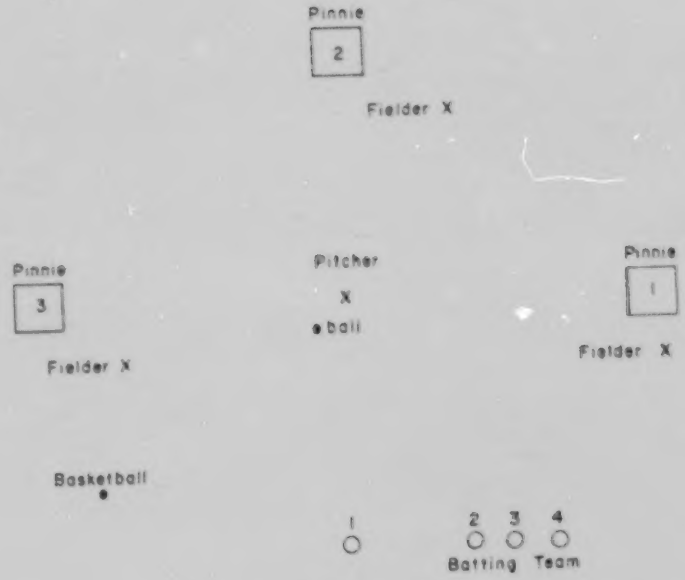
These games should have a simple scoring system to cover the checking of opponents while also having healthy competition. Teams can either add to their score when checking or deduct from the opponent's score at the end of the innings.

Let us now look at one of the major games, baseball, and see how we can use some of the same skills in hockey. Volleyball, football and basketball also will adapt under the same basic principles.

Play in teams of four versus four. Each player needs a hockey stick and each team needs a ball (basketballs, soccer balls, volleyballs can also be used to great advantage by both teams instead of a regulation hockey ball). Pinnies make very good bases.

Starting Positions and Basic Outline for the Game

1. The pitcher push passes her ball to batsman #1.



2. Batsman #1 *stops* the ball and then puts it into a space using the stroke specified by the coach.
3. Batsman #1 runs to the basketball and dribbles the ball at top speed round the bases (3-2-1) back to her starting position.
4. The fielding team retrieves the ball, if it has not managed to cut it off, returns it to the pitcher, then passes it round the bases (1-2-3) using the stroke specified by the coach, and returns it back to the pitcher again before the batsman is back to her original position.
5. This is repeated until all four batsmen have had a turn; the two teams then change positions.

Coaching Points

1. The fielders anticipate where the batsman will put the ball and *move* accordingly.
2. The batsman will drive or push the ball into a space as in a free hit.

3. Specify the strokes to be used by the players and set the points for the players to check.
4. Encourage the fielding team members to react to each other and *move* to make the task easier.
5. Set everything up quickly with just the basic outline – add the frills along the way.
6. Eventually let each team add a condition to each of the opponents' innings to make its task easier – teaching the players to react to the opposition.

Skills to be Practiced

Fielding Team

1. All the strokes of the game
2. Anticipating opponent's passes
3. Quick, accurate passing under pressure
4. Moving and thinking when not in possession of the ball
5. Reacting to each other's moves
6. Receiving the ball
7. Thinking of more than one thing at a time
8. Observing and reacting to the opposition

Batting Team

1. All the strokes of the game
2. Dribbling at speed
3. Placing the ball between opponents
4. Looking before playing the ball
5. Passing the ball and then moving in another direction
6. Observing the opposition closely
7. Recognizing a space
8. Reacting to where the opposition is

There are many ways of adapting the major games to provide challenging skill practices for hockey. After some experience of practices in this form, players of all levels can produce their own games using these basic principles.

The Difference between Women's and Men's Field Hockey

BETTY SHELLENBERGER

Betty Shellenberger serves as executive secretary for the USFHA. She holds a national umpire's rating, has been a member of the U.S. Team and the U.S. Touring Teams and is an honorary member of the USFHA. She is an assistant at Chestnut Hill College, Philadelphia, Pennsylvania.

The second men's World Cup Championship was played in Amsterdam in the fall of 1973. It was a most exciting event and gave some members of the USFHA the opportunity to see men's field hockey demonstrated by the best players in the world. Twelve teams participated and were divided into two pools of six teams each for the first round. The top two teams in each pool then played in the semifinals, India defeating Pakistan 1-0 and Netherlands winning over Germany after penalty strokes 1-0.

Because it was necessary to determine a winner in these matches if the game were a draw at the end of regulation time, five periods of 7½ minutes each were played; the first two played to full time, the last three were completed only if no goal was scored. If at the end of this time, 107½ minutes, the score was still drawn, the penalty stroke was used to determine the winner. Each team was allowed five strokes taken alternately and it was used to conclude the very exciting and well-played final between the Netherlands and India. India had scored twice early in the game but the Dutch scored once in each half to tie the score and so forced the overtime play. In the execution of the penalty stroke, the Dutch were superior using the straight push along the ground to score as well as the flick stroke. It was an exciting, rewarding finish to a very well organized event.

As a women's invitational tournament with teams from eight countries was going on at the same time, it was an excellent opportunity to compare the two games. This event was won by Germany with the Netherlands in second place and a very strong New Zealand team third.

Basically, the rules of the men's and women's game are the same. The major differences which will be used by the women experimentally this season are the following: (a) the push-in in place of the roll-in; (b) only two defending players between an attacker and the goal line if he is ahead of the ball are needed to prevent offsides; (c) all players of the defending team on a corner who are not behind the

goal line will remain at the center line until the ball is hit and (d) the penalty stroke is used in place of the penalty bully.

In regard to these rules, the push-in made the game faster as the other players had only to be five yards away any place on the field. Sometimes a "ring" of opposing players made it difficult for the "pusher-in" to get the ball in play but quick stick movement and the "push" being well-placed through a space to a teammate soon had the ball in play. The Indians and Pakistanis were very adept at this part of the game.

The Dutch forwards were the only ones who took a real advantage of their offside rule. They nearly always had one forward close to the second defense player who was then able to speed ahead for balls hit into a space for him to play. With this "offside" rule there were far fewer calls for this violation and the players were able to proceed with the game.

By having the defending players at the center line when a corner or penalty corner hit was taken, it was impossible for them to interfere with the player receiving the corner hit in any way. The men used only the hand stop and were very successful in scoring. This was because of three factors: smooth, well-cut fields which allowed such a stop to be made; the accuracy of the hit- or push- to the receiver (the person taking the corner hit never rushed his stroke and demonstrated deep concentration at the time); and the powerfully accurate hit of the player attempting to score the goal.

Both the men's and women's teams demonstrated a very high standard of hockey in Amsterdam. Fields, which were kept in excellent condition by watering and rolling throughout the duration of the tournament, had much to do with this high caliber of play. Until hockey in the United States is played on level fields with properly mowed grass or on artificial surfaces, our standard of skill and ball control will always suffer.

In general, the men demonstrated excellent ball control. No matter how hard the ball was hit, it was always stopped right on the stick. Use of their strong wrists enabled the men to manipulate the ball and decoy an opponent. The one arm reach, especially with the stick reversed, was most effective in intercepting passes of the opponents. Body contact was noticeably absent in the games between the top teams. Few games had more than one or two goals scored. This was because of the fine play of the goalkeepers who were very quick and agile.

The final games of the World Cup were most exciting and a real pleasure to watch. The accuracy and control of their passing and the speed with which a player accelerated onto a moving ball made the game move up and down the field with great speed. Skill, rather than force, combined with team play usually provided the winning score.

Except for the rules mentioned above and the fact that the men tend to have their players move towards the side of the field where the ball is (the women make much better use of their wings) there is little difference between the two games. Both are very enjoyable to watch. A high skill level is an asset to any sport for the spectators, as well as the players. This goal should be the goal of all hockey players whether they are men or women.

Hints on Umpiring Techniques

EMILY J. MAGOON
Revised by FRIEDA KITAK

The following suggestions and techniques of umpiring are directed to the beginning and local level umpire whose officiating of school girl games will bring many questions to mind. It is hoped that situations not spelled out in the official rules will be covered here and will serve as a guide and reference.

Attributes

A good hockey official has a thorough knowledge of the rules, a sense of concentration and anticipation, decisiveness, speed, good positioning, impartiality, adaptability, a relaxed manner and the ability to make the game fun for all.

Strict control during the first few moments of the game keeps the game flowing without dangerous and rough play, sets the proper tone and lets the players know that fouls will be penalized. Only by frequent umpiring will the official learn the amount of control to apply and the extent to which she should use the advantage rule; to over-officiate can be as shattering to players as to under-officiate.

The following items are necessary:

1. A loud, clear-toned whistle on a lanyard worn around the neck
2. A coin for tossing and a current rulebook
3. Paper and pencil for marking the score
4. A watch with sweep second-hand if necessary to time
5. Cleated shoes and a full, dark skirt (preferably in contrast to the two teams' uniforms)
6. A white jacket, sweater, windbreaker, or shirt, or a vertically striped black and white windbreaker or shirt to distinguish the umpire from the players and spectators. It has been the majority opinion of the USFHA Umpiring Committee that a white jacket be worn. But, if and when a black and white striped jacket is to be worn, *both* umpires should mutually agree to wear them for the same game.
7. A visor or sunglasses
8. An extra game ball

Pre-game Procedures

1. Arrive at least 15 minutes before the game. Let the school know if you are unable to be there or if you will be late.

2. Discuss the area of the field to be covered by you with the other umpire and cooperate with her.

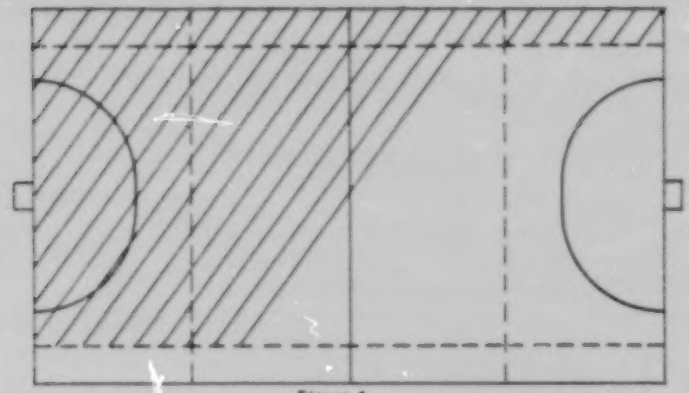


Figure 1.

3. Call captains together and toss coin for choice of ends. Suggest that captains ask any questions at halftime. Make sure coaches have agreed to length of halves and have mutually agreed upon substitution only at halves or in case of injury; also, be sure it is understood that a player may not reenter the game once a substitute has taken her place.
4. Examine markings on field, placement of goals, and securing of nets. If they do not meet specifications, suggest tactfully that changes be made before the next game.
5. Make sure leather or plastic game balls are used for the match.
6. Examine players' sticks occasionally for splinters or over-taping.
7. Insist on pinnies, including one for the goalie, if teams' uniforms are at all similar.
8. Be firm when umpiring league or conference games about substitutions, reentry, tie games and appeals. It may be necessary to withdraw from doing future games for a school if it is not understood that you umpire only under the USFHA-NAGWS rules. A suggested method of tie-breaking, if necessary to declare the winner of a play-off game, could be done by keeping track of penalty corners and corners or the amount of time each team is on the attack. A special timer or scorer could be used for this.

Positioning

1. Keep outside the alley out of the way of the players.
2. Blow whistle for roll-ins (push-ins)[1] on own side of field when ball goes out over sideline. Put one arm up in direction for roll-in (push-in) and say color or name of team to take it. See that the roll-in (push-in) is taken in the right spot and then move ahead in direction of the roll (push).
3. Move only as far as the 50 yard line when calling out-of-bounds in other end of field. Use whistle, arm, and voice to indicate where the roll-in (push-in) is to be taken.
4. Move up and down outside the sideline near the attacking right wing and ahead of the player with the ball when there are three (two) defense between her and the goal (Figure 2), or in line with the third (second) defense, so as to judge offside: (Figure 3).

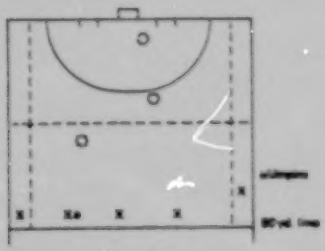


Figure 2.

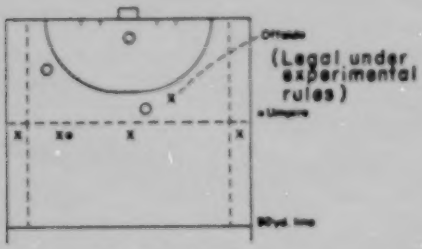


Figure 3.

[1] Parenthesis denotes change in terminology due to experimental rules.

5. Come onto the field to be able to see play as the ball enters the circle. When the ball is on the far side of the field, it may be necessary to come in near the goal. Be ready to get out of the way of the players and to recover on line with the edge of the circle to see fouls and offsides in that area.
6. Blow whistle for free hits; put one arm up, take position opposite where hit is to be taken until ball is placed, then move ahead quickly. If hit is not being taken on the correct spot, blow several short, sharp blasts before the player has a chance to hit the ball and indicate where hit is to be taken.
7. Make sure the ball is placed correctly on corners and penalty corners. Stand about five yards out from end line so you can see both the attack and the defense at the moment the ball is hit. The other official should see that the defending forwards do not go over the 25 (50) yard line to help their defense until the ball has been touched by another player or comes out of the circle.
8. Mark off five yards (seven yards) from the endline in long strides for a penalty bully (penalty stroke). Take a position toward the goal out of the way of the players taking the bully (stroke), but close enough so you can see their feet and the ball. The other official sees that all other players stay behind the 25-yard line until the result of the bully (stroke) is determined. The bully (stroke) is started and finished with a whistle.
9. Take a stance to the right of all bullies in order to have an unobstructed view of the ball and the players' feet.
10. Recover back from the circle area as play moves back toward center. Be ready to move back in the direction of your goal as the direction of the play changes. Keep moving so that your view of the ball is never blocked by the players. Cooperation of both officials is important near the 50-yard line when one official is recovering and the ball comes out to the center. The other official should be ready to call fouls that occur in this area.

Voice and Whistle

The voice should be used to indicate the following:

1. The team to take roll-in (push-in)
2. A corner, penalty corner and defense hit when ball goes out over endline – also helpful to point to spot where hit is to be taken
3. Position of offside player so opponent will know who is to take free hit
4. A free hit when ball advances out over sideline
5. Where to take free hit or roll-in (push-in) if there is any question by player concerned
6. A foul called only if there is a question

If a team is not well-coached in the rules, especially younger or beginning players, you may have to explain and help quite a bit but talk should be kept to a minimum.

The whistle is blown – short and sharp unless otherwise indicated – for the following reasons:

1. To start the game and for all other center bullies – umpire in whose end the goal was scored restarts the game.
2. To penalize a foul
3. For time-out and time-in
4. To start and end a penalty bully (penalty stroke)
5. To restart the game with a 25-yard bully after the completion of a penalty bully (penalty stroke)
6. For a ball which goes out of bounds, including a roll-in (push-in)
7. For a goal – long blast, one arm overhead
8. At half time and the end of the game – long blast
9. To recall play at any time . . . free hits, bullies, corners, etc. – series of short blasts

The whistle is not blown:

1. To start a corner or penalty corner hit
2. For a free hit
3. For a roll-in (push-in)
4. On a 16 yard hit out

The whistle is never held when the attack fouls in the circle.

The whistle is held to give an advantage to the side which has been fouled. This is especially true in the circle when the defense fouls. Every advantage and opportunity should be given to the attack to score. The ability to use the advantage rule correctly comes with experience and makes the game more enjoyable for all players.

Simply stated, the umpire should not penalize every foul that she sees but should hold her whistle for the play immediately following to see if those fouled can gain or maintain satisfactory possession of the ball. She should make her decision quickly and once she puts the advantage rule into effect, she should not change her mind. Often the nonoffender does not take full advantage of the opportunity at hand but the umpire must not penalize then for the original foul. If in doubt, it is better for a beginning official to blow the whistle for a foul rather than to refrain from blowing. Experience will assist in making the correct judgments on holding.

If an umpire makes a wrong decision, she should change it at once. Following are some typical situations:

1. Player reports wrong decision made in her favor. Umpire is certain that the player was in a better position to see or feel the play than she was.
2. Umpire calls roll-in (push-in) or free hit in wrong direction,

realizes mistake, and changes decision. Do not change mind once resulting play has occurred.

3. Umpire signals a goal, but an attack player tells her she advanced the ball into the goal or players tell her of ball entering through side of net. Be ready to judge fairly and change decision if necessary.
4. Umpire blows whistle and realizes she should have held. Do not change decision. Play has stopped and the advantage to the team fouled is lost; complete the penalty.
5. Play stops because of whistle from other field. Do not allow play to continue if one team is going to gain any advantage. Have a bully on the spot.

Concentrate on the ball and the play of the moment. Do not dwell on past decisions.

Fouls Often Overlooked

There are several fouls listed in the rules that officials are often lax about calling:

1. *Sticks* – raising the stick above the shoulder level. Be consistent and call sticks the same throughout the game. Watch for sticks on the follow-through of a scoop.
2. *Dangerous hitting* – hitting the ball directly into the opponent at close range so she advances it. Call the foul against the player hitting the ball unless her opponent moves in to tackle her at the last moment. Be consistent about lofted hard hits and volleys hit directly at the goalie. Do not hesitate to call back a goal if you feel the hit into the goal was dangerous. The lifted scoop on a free hit or in regular play should be called if dangerous play results. Umpire must use her own discretion.
3. *Hitting or interfering with sticks* – tackling a stick instead of the ball. Often as a player attempts to pass or shoot at goal she is tackled and her stick is hit instead of ball with the resulting loss or misdirection of the ball.

Situations Often Miscalled

1. *Obstruction* – player pulls the ball close to the body or a little to the side in dribbling from the left side of the field to the right.

An opposing player attempts to tackle from behind or to the side, making player with the ball look as though she is obstructing. Watch feet and shoulders of the player with the ball and if they continue on line, there is no foul.

2. *Fouls involving the goalie* – watch for:
   a. Lifting the ball dangerously on a clear
   b. Stopping the ball first, then making sticks during the clear

c. Deflecting the lifted ball with a forward motion of her arm, placing ball in an advantageous position to clear
d. Rushing forward toward the goalie – see if forward motion interferes with or knocks down goalie.

3. *Fouls in the circle* – the umpire should use her discretion in interpreting "repeated fouling in the circle by the defense." She should be able to determine if the defense is fouling the forwards on purpose to prevent scoring or if the attack is just too aggressive and more highly skilled than the defense. When there is fouling in the circle that you think may be deliberate, warn the person the first time; then award a penalty corner; if repeated a third time, you may award a penalty bully (penalty stroke).
4. *Violations* – watch for:
   a. Players crossing the line too soon on bullies and corners
   b. Players nearer than five yards on free hits and (push-ins) in the alley on roll-ins
   c. Players crossing into the alley too soon on roll-ins.
5. *Substitutions, accidents and interference*
   a. Time-out is not taken for windedness or breakage of a stick.
   b. Time-out may be taken for accidents or spectators or dogs coming on the field.
   c. Time-out is taken if ball becomes lodged in playing apparel of a player or pads of the goalkeeper. The game is restarted with a bully on the spot never less than five yards from the goal line.
   d. Breach of the substitute rule by one team results in a penalty corner for the opponents. When this is taken may be left to the discretion of the umpire. For a breach of the rule by both teams simultaneously the game shall be stopped the first time the ball is dead and a bully shall be taken on a spot chosen by the umpire.

      A player who has been taken out of the game for any reason may not reenter unless no substitute has been put in her place. Assuming no substitute has been put in for her, a player temporarily incapacitated may return when she is ready to play.
   e. Continued interference from the sidelines judged by the umpire to be detrimental to the game will cause temporary suspension of the game and a warning to the offender(s). If this continues and the umpire feels there is no other recourse, she may suspend the game completely and report the reasons for her action to both schools and to her local and sectional umpiring chairmen.

Above all, the umpire must keep her cool. Do not let the players, coaches or spectators insult or upset you. Maintain a polite and pleasant manner and always be firm.

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Scorebook

American Association for Health, Physical Education and Recreation. *Field Hockey Scorebook.* Washington, DC: AAHPER. 75 cents (243-06870).

USFHA Official Publication

The Eagle. Annual subscription $2 (four issues). Circulation Manager: Betty Shellenberger, 107 School House Lane, Philadelphia, PA 19144.

Field Hockey Visual Aids

Revised by ADELE BOYD
Plymouth Meeting, Pennsylvania

Films

The following 16mm., sound, black and white films are available through the USFHA. Rates, exclusive of postage, are: allied, $7.50 per day; non-allied, $10 per day unless otherwise specified. Place your request with the distributor for your state (listed at the end of the films). Allow four weeks for delivery.

England vs. United States. 1962, 2 reels, 3,200 ft., 90 min. Allied–$10/day, non-Allied–$15/day. Complete game played in London.

Goalkeeping Techniques. 1 reel, 400 ft., 20 min. Allied, $3.50/day, non-Allied, $5/day. Beginning and intermediate skills.

Hockey – Improve Your Game. 1 reel, 1,600 ft., 60 min. Techniques of the game.

Hockey Strokes. 1 reel, 800 ft., 40 min. Fundamentals of the game.

USA vs. England. 1 reel, 500 ft., 25 min. 1963 IFWHA Conference and closing ceremony.

USA vs. Germany. 1 reel, 500 ft., 25 min. 1963 IFWHA Conference and opening parade.

Wembley Way. 1 reel, 2,400 ft., 55 min. New technique film.

Women's Hockey Umpiring. 1 reel, 400 ft., 20 min. Umpiring and advanced game situations.

Distributors

New England, Eastern NY and NJ – Sue Terkanian, Box 2, Warner, NH 03278.

Eastern PA, DE, MD, VA, NC, SC, GA, FL – Jan Watson, 1311-B Walker Ave., Greensboro, NC 27403.

Western NY, PA, WV, OH, IN, KS, TN, AL, MS – Eileen Keener, Ball State University, Muncie, IN 47306.

WI, IL, MO, IA, MN, ND, SD, AR, LA – Carla Hellerman, 28 Oak Ct., Crystal Lake, IL 60014.

CO, UT, WY, MT, NE, KS, OK, TX, NM – Christine Bartlett, 2509 S. Madison, Denver, CO 80210.

CA, OR, WA, ID, NV, AZ – Alice Bond, University of Puget Sound, Tacoma, WA 98416.

Filmstrips

Field Hockey. 35 mm. si., b&w. Sale $6.75. Compiled by Marjorie Pollard, approved by the All-England Women's Hockey Association. Shows position of body and movement of the stick while driving the ball, dribbling, receiving, and stopping the ball; push and scoop strokes. Distributor: Sportshelf, Box 634, New Rochelle, NY 10802.

Loop Films

The following loop films were produced in cooperation with USFHA. Consultants: Grace Robertson and Betty Shellenberger. Demonstrators: Robin Cash, Patricia Davis, and Suzanne Honeysett. Sale $18.95 ea. Distributor: Athletic Institute, 705 Merchandise Mart, Chicago, IL 60654.

S-1 Stick Handling – Dribbling
S-2 Fielding
S-3 Drive – Drive To The Left
S-4 Reverse Stick Drive – Drive To The Right
S-5 Pull To Left Dodge – Scoop Dodge
S-6 Dodge To Non-Stick Side – Reverse Stick Dodge
S-7 Push Stroke – Flick Stroke
S-8 Passing – Flat Pass, Leading Pass, Through Pass, Triangular Pass
S-9 Straight In Tackle – Circular Tackle
S-10 Two Hand Tackle From Left – Left Hand Lunge Tackle
S-11 Goal Tending – Stance – Stop And Clear
S-12 Goal Tending – Clear On The Fly – Lunge Stop

Wall Charts

Action pictures, ideal for bulletin boards, they show at a glance how power and accuracy can be allied with style and grace. $1 per set.

Set No. 1 – Position of hands, drive, dribble, push
Set No. 2 – Goalkeeping and three methods of tackling
Set No. 3 – Four methods of dodging
Set No. 4 – Bullies and roll-ins
Set No. 7 – New set of five sheets on goalkeeping

Distributed by Gertrude Hooper, 369 Atlantic Ave., Cohasset, MA 02025.

USFHA Umpiring Ratings

USFHA UMPIRING COMMITTEE

The grading of umpires is designed to permit those interested in the area of officiating to progress and receive recognition of their skill in umpiring. Just as the player has several levels at which to display her ability, so the umpire has a goal toward which she can work. It is the purpose of this article to set forth and clarify the classification of umpires of field hockey in the United States.

There are four classifications of officials' ratings offered by the USFHA:

National
Sectional – Sectional A and B
Local – Local A, B, and C
Intramural

All rated umpires shall be members of the USFHA in one of the following categories:

1 – Member of an active club
2 – Honorary member of the USFHA
3 – Sustaining member of the USFHA
4 – Umpiring member of the USFHA
5 – Recipient of USFHA Honorary Umpire Award.
6 – Undergraduate student in USFHA allied school or college.

Expiration date of all ratings is December 31.

In order to secure a rating, apply to the Umpiring Chairman of the nearest local association or club. If no such local association or club exists within a reasonable distance, apply to the Sectional or National Umpiring Chairman.

If several individuals within an area, college, or school are interested in securing USFHA ratings, the USFHA Umpiring Committee will make every effort to assist by sending umpires to set up clinics.

USFHA HONORARY UMPIRES

1. The candidate must be a USFHA National umpire and currently holding an active rating at the conclusion of ten years. During the minimum ten-year period, the candidate must have been actively and successfully officiating. At the conclusion of the minimum ten-year period, or at a later date, the candidate must be reexamined at a national tournament. At this reexamination she will be judged according to National umpiring standards and requirements.

2. In addition to the above, the candidate must qualify under at least five of the following:
   a. Member of USFHA Umpiring Committee for a minimum of three years.
   b. Chairman of the USFHA Umpiring Committee.
   c. Judge at national tournament for at least five years.
   d. Sectional and/or local umpiring chairman.
   e. Member of sectional and/or local umpiring committee for at least ten years.
   f. Umpire at international matches.
   g. Exceptional service in promoting USFHA umpiring at the national, sectional, or local level.
   h. Unusual meritorious service by an individual.
3. The USFHA Umpiring Committee shall review eligible candidates whose names shall be sent to their sections for review and recommendation.
4. Candidates receiving endorsement from their sections and successfully passing the USFHA National umpire requirements shall have their names submitted to the USFHA Board of Directors.

Awards

A USFHA Honorary umpire shall be awarded a pin and a certificate symbolic of the award.

(This award and recognition shall not be considered a rating.)

NATIONAL RATINGS

Initial Rating

The candidate shall –

1. Hold a Sectional A rating for at least two years.
2. Be recommended at a sectional tournament by a ¾ vote of those rating. It is recommended that as many National officials as possible be used.
3. Receive a grade of at least 90 percent on the current written examination.
4. Umpire at least two full games at the national tournament on two different days of the tournament.
5. Be approved by at least six members of the USFHA Umpiring Committee.

Renewals

The National official shall –

1. Receive a grade of at least 90 percent on the current written examination.

2. Be reexamined at a national tournament within four years of the original rating in order to retain an active status.
3. After the first renewal, the subsequent renewals shall be within a six-year period and at a national tournament.
4. Be approved by at least six members of the USFHA Umpiring Committee.
5. Receive a Sectional A rating for failure to meet National standards and be rerated by her section the following year.
6. Forfeit the right to any additional years on her current rating, when she decides on a renewal.

Awards

A National umpire shall be awarded a gold pin, an emblem and a certificate symbolic of the rating by the USFHA.

Examination Fee

No fees shall be charged for any practical examination on the National level. Written examinations for National umpires shall be given by the local association, umpiring center, or sectional umpiring committee and fees shall be retained by the examining body.

SECTIONAL RATINGS

The Sectional A official shall –

1. Have held a Sectional B rating for at least one year.
2. Receive a grade of at least 90 percent on current written examination.
3. Be approved by a minimum of four judges, three of whom must hold at least a Sectional A rating. Before rating a candidate each judge shall have observed the candidate in not less than one full-time official game or its equivalent at a sectional tournament, a sectional game, or at an umpiring clinic, providing association teams participate in the game.
4. After having completed the two-year trial period, be reexamined every four years.

The Sectional B official shall –

1. Have held a Local A rating for at least one year or have been recommended by the local association umpiring committee.
2. Receive a grade of at least 90 percent on current written examination.
3. Be approved by at least four judges, all of whom must hold at least a Sectional B rating. Before rating a candidate, each judge shall have observed the candidate in not less than one full-time official game or its equivalent at a sectional tournament, a

sectional game, or an umpiring clinic.
4. Be reexamined every two years.

Awards

A certificate symbolic of the rating for Sectional A and B umpires shall be awarded. An emblem may be purchased.

LOCAL RATINGS

The Local A and B officials shall –

1. Be approved by two rated umpires, one of whom holds at least a Local A rating and has the approval to administer ratings of the local association or umpiring center committee within whose area the tests are administered. If no local association or umpiring center exists, approval to administer these examinations may be granted by the sectional chairman. Before rating a candidate, each judge shall have observed the candidate in not less than one full-time official game or its equivalent.
2. Receive a grade of at least 80 percent on current written examination.
3. Be reexamined every two years.

The Local C official shall –

1. Be approved by at least two rated umpires, one of whom holds at least a Local A rating and has the approval to administer ratings of the local association or umpiring center committee within whose area the tests are administered. If no local association or umpiring center exists, approval to administer examinations may be granted by the sectional umpiring chairman. Before rating a candidate, each judge shall have observed the candidate in not less than one full-time official game or its equivalent.
2. Receive a grade of at least 70 percent on current written examination.
3. Be reexamined every year.

Awards

Local A, B, and C umpires shall be awarded a certificate symbolic of the rating by the local association or umpiring center. An emblem may be purchased.

Intramural Ratings

The intramural official shall –

1. Be approved during an intramural game by a rated official, where possible, or her physical education teacher and adjudged capable of controlling an intramural game.

2. Receive a grade of at least 70 percent on the current intramural written examination.

Awards

Upon receipt of a report form from the school the USFHA Executive Secretary will award a card symbolic of the rating. An emblem may be purchased. The rating will expire when the girl graduates or in one year, whichever occurs first.

Examination Fees

No fees will be charged for the administration of this rating.

Fees

An intramural official may accept no fees for officiating. She may only officiate games in her own school.

Note: Travel expenses may be added as the local association sees fit.

Sectional and Local Examination Fees

1. The minimum fee for all written examinations (new and renewal) shall be 50¢. (No retrial may be given during the same year for the written examination.)
2. The minimum fee for all practical examinations (new, renewal, or retrial) shall be $1.00.
3. The fee shall be collected by the local umpiring committee, umpiring center, or sectional umpiring committee administering the examination.

Experimental Field Hockey Rules

47/48

EXPERIMENTAL FIELD HOCKEY RULES

(As stated by the Women's International Hockey Rules Board)

Four experimental rules will remain in effect at all levels of play until the Women's International Hockey Rules Board makes a decision on their adoption.

RULE 11. Offside. 1st sentence

"A player of the same team _____ in her own half of the field or there are at least two of her opponents nearer to their own goal line than she is."

RULE 14. Penalty Stroke (instead of Penalty Bully)

(a) The penalty stroke consists of either a push, flick, or scoop taken from a spot seven yards in front of the center of the goal-line by a player of the attacking team, who, when taking the stroke, shall stand close to the ball and who shall be permitted in making the stroke to take one stride forward. She may touch the ball once only and thereafter shall not approach either the ball or the goalkeeper. In the event of the goalkeeper being incapacitated or suspended, the captain of the defending team shall immediately nominate another goalkeeper.

(b) The goalkeeper shall stand on the goal line. After the player taking the stroke and the goalkeeper are in position, the goalkeeper may not leave the goal line or move either of her feet until the ball has been played. She shall not be penalized, if, in stopping a shot at goal, the ball, in the opinion of the umpire, merely rebounds off her body or her hand. She may not touch the ball with any part of her stick when the ball is above the height of her shoulder. The usual privileges of the goalkeeper shall be allowed to her.

Neither the goalkeeper nor the attacking player shall be allowed any change of dress or equipment between the award and the completion of the penalty stroke.

If any action by the striker prior to striking the ball induces the goalkeeper to move either of her feet or, if the striker feints at striking the ball, the stroke may be taken again.

(c) The attacking player shall not take the penalty stroke until the umpire, by blowing her whistle, has indicated she may do so.

(d) During the taking of a penalty stroke all the other players of both teams shall remain outside the nearer 25-yard line.

(e) Whichever stroke is used, the ball may be raised to any height.

(f) If, as a result of the penalty stroke:

(1) The ball passes wholly over the goal line between the goal posts and under the crossbar, a goal is scored.

(2) There is a breach of any rule by the goalkeeper which *prevents* a goal from being scored, the umpire shall award a goal, unless such breach shall have been induced by the striker as in the last paragraph of (b) above.

(3) The ball should come to rest inside the circle or pass outside the circle, in all cases the penalty stroke is ended. Unless a goal has been scored or awarded, the game shall be restarted by a free hit to be taken by a defender from a spot in front of the center of the goal line and 16 yards from the inner edge of that line.

All the time taken between the award of a penalty stroke and resumption of play shall be added to the time of play.

Penalties

For a breach of this or any rule by an attacker the game shall be restarted in accordance with clause (f) (3) of this rule. For a breach of rule (d) by a defender, the umpire may order the stroke to be taken again.

RULE 15. Push-in (instead of Roll-in)

(a) If the ball pass wholly over the side line, it, or another ball, shall be placed on the line at the spot at which it crossed the side line. The ball shall be pushed in along the ground, without undue delay by a player of the team opposed to the player who last touched it in play.

(b) At the moment when the push-in is taken, no other player of either team shall be within five yards of the ball. If any player of either team be within five yards of the ball, the umpire may require the push to be taken again. If, however, in the opinion of the umpire, any player remains within five yards of the ball in order to gain time, the push-in shall not be delayed.

(c) After taking a push-in the player shall not play the ball again, nor approach within playing distance of the ball, until it has been touched, or been played by, another player of either team.

Penalty

For any breach of the rule

(1) *By the player taking the push-in:* the push-in shall be awarded to the opposing team.

(2) *By any other player:* the push-in shall be taken again, but for persistent breaches a free hit may be awarded to the opposing team.

RULE 17. Corner and Penalty Corner (a) and (b)

"The rest of the defending team shall be beyond the center line until the hit has been taken."

The Code of Rules for the Game of Hockey for Women

51/52

The Code of Rules for the Game of Hockey for Women

The Women's International Hockey Rules Board

(Adopted September, 1967)

RULE 1. TEAMS AND DURATION OF THE GAME

(a) The game of hockey shall be played by two teams of not more than eleven players each, i.e., five forwards, three halfbacks, two backs, and a goalkeeper; but this formation shall not be compulsory.

(b) The duration of the game shall be 70 minutes (unless otherwise agreed), half-time being called after 35 minutes, when the teams shall change ends, and the interval shall not exceed five minutes.

(c) The game shall be controlled by two umpires (See Rule 18) whose duty it is to apply the rules. Each team shall be responsible for providing one umpire, unless otherwise agreed.

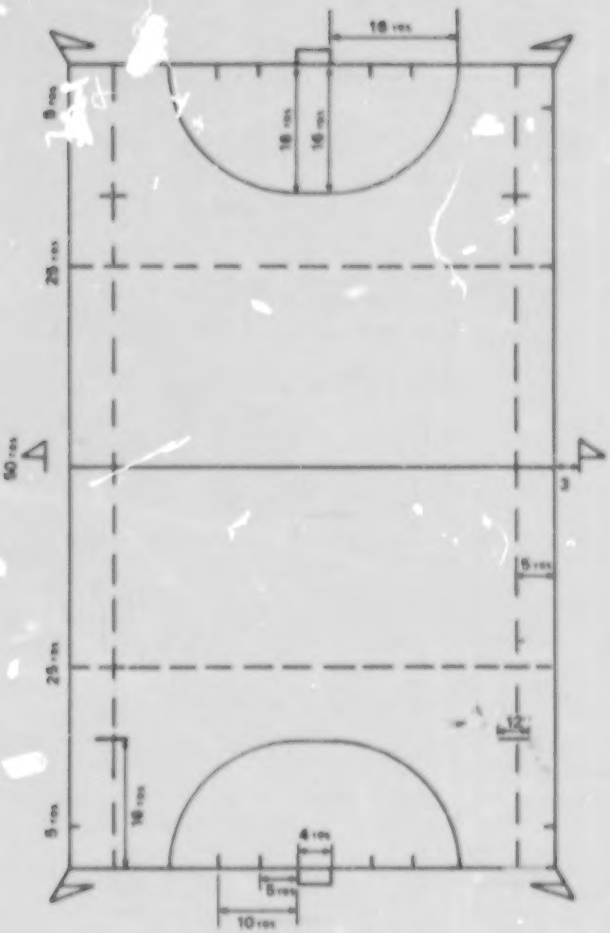
RULE 2. CAPTAINS

The captains shall (1) toss for choice of ends; (2) indicate the goalkeepers for their respective teams before starting play and after any change of goalkeeper.

RULE 3. GROUND

The ground shall be rectangular, 100 yards long and 60 yards wide. It shall be marked with white lines, the longer boundary lines to be called the side lines, and the shorter the goal lines, the latter to be 3 inches wide.

The center line shall be marked with a line throughout its length. The 25-yard line shall be marked with a dotted line throughout its length and there shall be a similar dotted line 5 yards from and parallel to each side line. A mark shall be placed on each 5-yard line parallel to the goal line and 16 yards from its inner edge. The mark shall not exceed 12 inches in length. The ground shall also be marked for penalty corner hits showing the 5- and 10-yard markings on the goal line on either side of the goal. A flagpost shall be placed for the whole game on each corner, also at the center of each side line at least one yard outside the line, and any other flagposts shall be at least one yard outside the line. All flagposts shall be at least 4 feet high (see field diagram on page 54).



Hockey Field Diagram

RULE 4. GOALS, POSTS, ETC.

A goal shall be in the center of each goal line and shall consist of two perpendicular posts 4 yards apart joined together by a horizontal crossbar 7 feet from the ground (inside measurement). The front of the goal posts shall touch the outer edge of the goal line. The goal posts shall not extend upwards beyond the crossbar nor the crossbar sideways beyond the goal posts. The posts and crossbar shall be rectangular and shall be 2 inches broad on the side facing the field of play, and not more than 3 inches in depth. Nets shall be attached firmly to the posts, crossbars, and the ground behind the goals. Narrow boards may be placed at the foot of the goal net, the shorter boards being a minimum length of 4 feet and at right angles to the goal line.

RULE 5. STRIKING CIRCLE

In front of each goal shall be drawn a white line 4 yards long and 3 inches wide, parallel to and 16 yards from the goal line. (See Rule 3.) This line shall be continued each way to meet the goal line by quarter circles having the goal posts as centers. The space enclosed by these lines and the goal line, including the lines themselves, shall be called the striking circle (see field diagram on page 54).

RULE 6. THE BALL

The cover of the ball shall be of white leather, or of any other leather painted white. It shall be sewn in a manner similar to the covering of an ordinary cricket ball, or it may be seamless. The inner portion of the ball shall be composed of cork and twine, similar to that of an ordinary cricket ball. The weight of the ball shall not be more than 5¾ ounces and not less than 5½ ounces. The circumference of the ball shall be not more than 9¼ inches and not less than 8 13/16 inches.

RULE 7. STICKS

A stick shall have a flat face on its left-hand side only. The head of a stick (the part below the top of the splice) shall not be edged with, nor have insets or fittings of, hard wood or of any other substance, nor shall there be any sharp edges or dangerous splinters. Each stick shall be of such size that it can be passed through a 2-inch ring, and shall not exceed 23 ounces in weight.

The extremity of the stick shall not be cut square or pointed but shall have rounded edges.

Penalty for Infringing Rule 7

Umpire shall prohibit play with a stick which does not comply with this rule.

Note: Surgical binding on the head of the stick is allowed subject to its not preventing the head passing through a 2-inch ring.

RULE 8. UNIFORM

Each team shall wear uniform approved by its Association unless varied to avoid confusion in a particular match.

No player shall have any metal spikes, metal studs, or protruding nails in boots or shoes, nor shall she wear a metal brooch or anything that may be dangerous to other players.

Face masks, if worn, shall be of such shape and material as to present no danger to other players.

RULE 9. THE BULLY

The game shall be started by one player of each team together bullying in the center of the ground (and after each goal and half-time).

To bully, each player shall stand squarely facing the side lines, each with her goal line on her right and shall strike first the ground on her own side of the ball and then her opponent's stick over the ball three times alternately; after which one of these two players shall strike the ball before it is in general play.

The flat face of the stick only may be used for making contact with an opponent's stick at a bully.

Every other player shall be nearer to her own goal line than the ball (except in the case of a penalty bully), and shall not stand within 5 yards of the players participating in the bully until the ball is in general play.

A bully in the circle shall not be taken within 5 yards of the goal line.

Penalty for Infringing Rule 9

The bully shall be taken again.

RULE 10. METHOD OF SCORING

Except as especially provided for in Rule 14, a goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, while within the striking circle, having been hit or glanced off the stick of an attacker. Should the ball before passing between the goal posts come in contact with the person or stick of a defender, or defenders, a goal shall be scored.

Should the goal posts or bar become displaced and the ball pass at a point which, in the umpire's opinion, is between where the posts or below where the bar should have been, she shall give a goal.

The team scoring the greater number of goals shall be the winner.

RULE 11. OFFSIDE

A player of the same team as the striker or the roller-in is offside if she is nearer her opponents' goal line than the striker or roller-in at the moment when the ball is hit or rolled in, unless she is in her own half of the field or there are at least three of her opponents nearer to their own goal line than she is. A player who is in an offside position shall not be put onside by reason of the ball having touched or glanced off the stick or person of an opponent. She should not be penalized unless she is gaining any advantage from having been in an offside position.

Penalties for Infringing Rule 11

(a) Inside the circles
A free hit to the opposing team from any spot within the circle.
(b) Outside the circles
A free hit to the opposing team on the spot where the breach occurred.

RULE 12. FOULS

A player shall not –
(a) raise any part of her stick above her shoulder when playing or attempting to play the ball.
(b) play the ball with the rounded side of her stick.
(c) undercut the ball; hit blindly into an opponent; or play the ball in such a way as to cause it to rise dangerously.

Note: The scoop stroke, which raises the ball, is permissible (except as especially provided for in Rule 13), but the umpire shall penalize this stroke if in any particular instance it be either dangerous in itself, or likely to lead to dangerous play.

The umpire shall have power to penalize a player who continually raises the ball.

(d) strike, hit, hook, hold, or interfere in any way with her opponent's stick.
(e) hit or pass the ball between her feet.
(f) stop the ball on the ground or in the air with any part of the body, except the hand. If the ball be caught, it shall be released into play immediately. The foot or leg may not be used to support the stick in order to resist an opponent.
(g) pick up, kick, throw, or carry the ball or propel it in any manner or direction, except with the stick, save as provided for in Rule 15.
(h) trip, shove, push, charge, strike at, or in any way personally handle her opponent.

(i) obstruct by running between her opponent and the ball or by interposing herself or her stick as an obstruction. Rough or dangerous play, or, in the case of the goalkeeper, dangerous kicking, shall not be permitted, nor any behavior which, in the umpire's opinion, amounts to misconduct.

(j) interfere in the game in any way unless her stick is in her hand.

Note: If the ball becomes lodged in the pads of the goalkeeper or in the wearing apparel of any player or umpire, the umpire shall suspend the game and restart it by a bully on the spot where the incident occurred (subject to Rule 9). A ball touching an umpire, post, or crossbar is in play unless it goes off the ground.

Goalkeeper's Privileges

The goalkeeper shall be allowed to kick the ball or to stop it with any part of the body but only in her own circle. She shall not be penalized if, in stopping a shot, the ball, in the umpire's opinion, merely rebounds off her person or hand. In the event of her taking part in a penalty bully, these privileges shall not be allowed her.

Penalties for Infringing Rule 12

(1) Outside the circles
A free hit to the opposing team on the spot where the breach occurred. If, however, the umpire be satisfied that an offense committed by any defender inside her own 25 yards area was deliberate, she may award a penalty corner.

(2) Inside the circles
(a) For any breach by the attacking team a free hit to the defending team from any spot within the circle.
(b) For any breach by the defending team a penalty corner or a penalty bully.

(3) Inside or outside the circles
In the event of two players being simultaneously at fault, a bully shall be given on the spot where the breach of the rule occurred (subject to Rule 9).

(4) For rough or dangerous play or misconduct
In addition to awarding the appropriate penalty, the umpire may also warn the offending player or suspend her from further participation in the game.

RULE 13. FREE HIT

On the occasion of a free hit, no player other than the striker shall be within 5 yards of the spot where such hit is to be made. Should, however, the umpire consider that a player is standing

within 5 yards to delay the free hit she shall not stop the game. After taking such hit the striker shall not play the ball again until it has been touched or hit by another player. The ball shall be stationary. Any legitimate stroke may be used except that any ball propelled into the circle shall not rise above knee height.

If the striker hits at but misses the ball, the stroke shall be taken again by her provided that she has not given "sticks."

Penalties for Infringing Rule 13

If any player other than the striker be within 5 yards of the ball at the time of a free hit, the hit shall be taken again except as especially provided for in this rule.

(1) Inside the circles
A penalty corner.

(2) Outside the circles
A free hit to the opposing team on the spot where the breach occurred.

RULE 14. PENALTY BULLY

A penalty bully shall be awarded when in the umpire's opinion –

(a) a goal most probably would have been scored but for a breach of Rule 12 inside the circle by one of the defending team; or

(b) there has been a willful breach of Rule 12 inside the circle by one of the defending team.

A penalty bully shall be played by the offender, or if she has been incapacitated or suspended, by one of the backs of the defending team and by any player selected by the other team, on a spot 5 yards in front of the center of the goal line. Should the offender be the goalkeeper, she shall not be allowed to remove her pads. All other players shall be beyond the nearer 25-yard line in the field of play, and shall not cross such 25-yard line or take any further part in the game until the penalty bully is completed.

If during the progress of a penalty bully the ball passes wholly –

(1) over the goal line between the goal posts and under the cross-bar off the stick of the attacker or stick or person of the defender, a goal is scored;

(2) over any part of the goal line which is within the circle, other than that between the goal posts, off the stick or person of the defender, the bully shall be taken again;

(3) outside the circle in all other cases, the game shall be restarted by a bully at the center of the nearer 25-yard line.

If during the progress of a penalty bully the ball becomes lodged in the pads of the goalkeeper or in the wearing apparel of any player or umpire, the bully shall be taken again.

In the event of a penalty bully having to be taken on the call of halftime or time, the umpire shall allow extra time, until either a goal has been scored or the penalty bully has been completed.

Penalties for Infringing Rule 14

(a) Breach of any rule by the offender (except Rule 9)
The attacking team shall be awarded a goal.
(b) Breach of any rule by the player selected by the attacking team (except Rule 9)
The bully shall be considered over and the game restarted by a bully on the center of the nearer 25-yard line.
(c) Simultaneous breach of any rule by both players
The bully shall be taken again.
(d) Interference by any other player
The bully shall be taken again.

RULE 15. ROLL-IN

When the ball passes wholly over the side line it shall be rolled into play by hand in any direction by an opponent of the player who last touched it.

The ball shall be rolled in without delay and shall not be bounced or thrown and shall touch the ground in the field of play within one yard of the point where it crossed the line.

The roller-in shall stand outside the field of play and shall have her feet and stick behind the side line and shall only play the ball again after another player.

All the other players of both teams shall be in the field of play and have their feet and sticks behind the 5-yard line. If, however, in the umpire's opinion, any player of either team remains within the 5-yard line, or outside the side line, in order to gain time, she should not cause the roll-in to be delayed. Players may cross the 5-yard line as soon as the ball leaves the hand of the roller-in.

Penalties for Infringing Rule 15

(a) By the player who rolls in
The roll-in shall be taken by one of the opposing team.
(b) By any other player
The roll-in shall be taken again except as especially provided for in this rule.

RULE 16. BEHIND

(a) When the ball is sent behind the goal line by one of the attacking team, and no goal is scored, or if it is, in the umpire's opinion, *unintentionally* sent behind the goal line by one of the

defending team who is beyond the 25-yard line, the game shall be restarted by a free hit to be taken by one of the defending team exactly opposite the place where it crossed the goal line and 16 yards from the inner edge of that line.

(b) When the ball glances off, or is, in the umpire's opinion, *unintentionally* sent behind the goal line by one of the defending team behind the 25-yard line, a corner shall be given to the attacking team unless a goal be scored (See Rule 10).

(c) When, however, the ball is, in the umpire's opinion, *intentionally* sent behind the goal line by one of the defending team, a penalty corner shall be given to the attacking team unless a goal be scored.

RULE 17. CORNER AND PENALTY CORNER

(a) Corner

A player of the attacking team shall hit along the ground or push the ball along the ground, no other type of stroke being allowed, from a point on the side or goal line within 5 yards of the nearer corner flag, and at the moment of such stroke the rest of the attacking team (their sticks and feet) shall be outside the circle in the field of play. Six of the defending team (their sticks and feet) shall be behind their own goal line. The rest of the defending team shall be beyond the nearer 25-yard line until the ball has either been touched by a player other than the one taking the corner hit or has gone out of the circle. No player shall be within 5 yards of the striker when the corner is taken. No shot at goal shall be made by one of the attacking team from a corner or from a pass or a deflection unless the ball has first been stopped (not necessarily motionless) or has touched the person or stick of a defender. A player taking a corner shall not play the ball again until it has been touched or hit by another player. If the player taking the corner misses the ball, the corner shall be taken again provided she has not given "sticks."

(b) Penalty Corner

The ruling shall be the same as for a Corner, except that the ball shall be hit along the ground or pushed along the ground from a point on the goal line not less than 10 yards from the goal post on whichever side the attacking team prefers. No goal shall be scored directly by the player taking the corner.

Penalties for Infringing Rule 17

In the case of the attackers entering the circle or any of the six defenders crossing the goal line, or any of the rest of the defending team crossing the 25-yard line before the ball is in play as provided for in the rule, the corner shall be taken again.

For any other breach of this rule by the attacking team the penalty shall be –

(a) Inside the circles
A free hit to the defending team from any spot within the circle.

(b) Outside the circles
A free hit to the defending team on the spot where the breach occurred.

RULE 18. UMPIRES AND TIMEKEEPERS

Each umpire shall take half the ground for the whole of the game without changing ends and shall umpire so that when facing the ground the goal in her half of the field shall be on her right. She shall take one side line and give decisions as to the roll-in (but not the corner hit) in both halves of the ground. The umpire shall allow (the elements permitting) the full or agreed time, and keep a written record of the goals scored. It shall be permissible to have timekeepers by agreement. The umpire may instruct the timekeeper to blow the whistle for half and full time or to advise her, the umpire, when to do so. Time shall be allowed for all enforced stoppages and, when necessary, extra time for the completion of a penalty bully as provided for in Rule 14. Until a decision is given the ball is in play.

Umpires are debarred from coaching during a game.

The umpire shall blow the whistle to –

(i) Start and end each half of the game; also to restart the game after a goal has been scored in her own half of the field.
(ii) Enforce a penalty, or to suspend the game for any other reason.
(iii) Indicate that the ball has passed wholly over the goal line or side line.
(iv) Signal a goal.

The umpire shall refrain from putting the provision of any rule into effect in cases where she is satisfied that by enforcing it she would be giving an advantage to the offending team, and she shall give all decisions without waiting for an appeal.

RULE 19. ACCIDENTS

When a player or an umpire is incapacitated, the umpire or other umpire shall suspend the game, noting the time lost, which shall be added to the end of the half during which the accident occurred. The game shall be resumed as soon as possible, and in any case within five minutes, by –

(a) a bully (subject to Rule 9) on a spot to be chosen by the umpire in whose half of the ground the player was hurt; or
(b) the appropriate penalty when the accident was the result of a foul; or

(c) the implementing of a decision given before the game was suspended.

If the umpire concerned has been incapacitated, the other umpire shall restart the game.

When injury to a player results in her inability to complete a game, a substitute may be entered in her place at the request of the captain.

Such substitution shall take place with the sanction of both umpires. After substitution has taken place, an injured player shall take no further part in the game.

No team shall use more than two substitutes in any match.

INTERPRETATIONS

Inquiries on interpretation of rules must include a stamped, self-addressed envelope and should be addressed to: Dorothy Sullivan, 12 Sias Lane, Milton, MA 02186. In writing, please include the number of the rule and the section to which your inquiry refers.

QUESTIONS AND ANSWERS ON THE RULES

Rule 1

What is the duration of a hockey game?

Answer: The duration of the game shall be 70 minutes (unless otherwise agreed), half time being called after 35 minutes, when the teams shall change ends, and the interval shall not exceed 5 minutes. (See *Notes* on Rule 1 for changes in playing time.)

Rule 4

1. May the goal measurements be changed when making the field smaller?

Answer: No. A goal shall be in the center of each goal line and shall consist of two perpendicular posts four yards apart joined together by a horizontal crossbar seven feet from the ground (inside measurement).

2. Where should the goal posts be placed in relation to the goal line?

Answer: The front of the goal posts shall touch the outer edge of the goal line.

Rule 5

Are the lines of the striking circle a part of the striking circle?

Answer: Yes, the space enclosed by these lines and the goal line, including the lines themselves, shall be called the striking circle.

Rule 8

May a player wear shoes with metal spikes or metal studs?

Answer: No.

Rule 9

May a player move closer than five yards on a bully after the third hit of sticks?

Answer: No. No player shall stand within five yards of the players participating in the bully until the ball is in general play.

Rule 10

1. On a penalty corner, the wing sends the ball to the center halfback who receives the ball just outside the circle. She stops the ball and drives it into the goal. What is the umpire's decision?

Answer: Defense hit. The ball must be touched by an attack player inside the circle with a legal stroke in order for a goal to be scored.

2. A right wing standing outside the circle with the ball on the circle line drives the ball into the goal. What is the umpire's decision?

Answer: Goal. A goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, while within the striking circle, having been hit or glanced off the stick of an attacker. The lines bounding the striking circle are included in the striking circle.

Rule 11

1. On a penalty corner after the wing hits the ball, she moves into the field of play and stands about four feet from the goal line. During the immediate play, the defense intercepts the ball and hits it outside the circle where an attacking halfback receives the ball and passes it to the aforementioned wing. Except for the goalkeeper and one fullback, all other defensive players have moved toward the edge of the circle. Is this legal?

Answer: No. There must be at least three of her opponents nearer to their own goal line than she is. Decision – free hit.

2. A forward who is rushing her shot runs over the goal line into the goal cage. The forward remains quietly in the cage while the play continues. Is this legal?

Answer: No. She is gaining an advantage by distracting the defense. Decision – free hit.

Rule 12

1. A player in mid field raises the handle of her stick above her shoulder to play a lofted ball. What is the umpire's decision?

Answer: Free hit for opponents. A player shall not raise any part of her stick above her shoulder when playing or attempting to play the ball.

2. An attack player advances the ball in the circle. A defense player has an even chance to gain possession of it. Should the umpire hold her whistle?

Answer: No. Inside the circle for any breach by the attacking team a free hit for the defending team should be taken from any spot within the circle.

3. A forward who is rushing to score a goal is unable to control her body. Simultaneously as she contacts the ball she bumps into the

goalkeeper, knocking her down. The ball goes into the goal cage. Is this a goal?

Answer: No. It is a free hit for the defense. A player shall not trip, shove, push, charge, strike at, or in any way personally handle her opponent.

4. A center halfback who is just outside the striking circle uses a high scoop to place the ball into the circle. An attacking forward rushes the ball, swings at and hits the ball wrist-high, driving it into the goalkeeper who is coming out to play the ball. The ball goes off the goalkeeper into the goal. What is the umpire's decision?

Answer: Free hit for the defense. The hit by the attacking forward is dangerous.

5. A goalkeeper prevents a goal by stopping the ball with her foot. As she clears the ball with her stick, she makes "sticks." Is this a penalty bully or penalty corner?

Answer: Penalty corner. The goalkeeper made a legal stop on the shot on goal. The foul occurred on the clear.

6. The ball is cleared by the goalkeeper, but just before crossing the sideline it hits the umpire who has come in slightly to see the play. It bounces from the umpire toward the circle. What is the decision?

Answer: Play continues. A ball touching an umpire, post, or crossbar is in play unless it goes off the field.

Rule 13

A player who is to take a free hit for her team notices that the umpire is motioning her to bring the ball several yards ahead. She hits the ball toward the spot indicated, then takes the free hit without stopping the ball. Is this legal?

Answer: No. The ball shall be stationary on a free hit.

Rule 14

1. If during the progress of a penalty bully the ball becomes lodged in the pads of the goalkeeper or in the wearing apparel of any player or umpire, what shall be the umpire's decision?

Answer: Repeat penalty bully.

2. A fullback who is backing up her goalkeeper stops a shot at goal with the round side of her stick. What is the decision of the umpire?

Answer: Penalty bully with the fullback committing the foul and any opponent.

Rule 15

1. On a roll-in, a player attempts to delay the game by standing in the alley. What is the decision of the umpire?

Answer: Hold whistle. If in the umpire's opinion, any player of either team remains within the five yard line, or outside the side line, in order to gain time, she should not cause the roll-in to be delayed.

2. In an attempted roll-in, the ball does not enter the field of play Who gets the roll-in?

Answer: Roll-in is taken again by the same team. (Rule 15, notes)

Rule 16

1. The wing sends the ball out of bounds over the opponents' goal line between the five yard line and side line. How is play restarted?

Answer: Defense hit. When the ball is sent behind the goal line by one of the attacking team, not between the goal posts the game shall be restarted by a defense hit exactly opposite the place where it crossed the goal line and 16 yards from the end line.

2. A fullback who is between the 25-yard line and the center line attempts to control a hard drive. The ball hits her stick and goes out of bounds over the goal line. How is play restarted?

Answer: Defense hit. If, in the opinion of the umpire, the ball is unintentionally sent behind the goal line by one of the defending team who is beyond the 25 yard line, the game shall be restarted by a defense hit.

Rule 17

1. On a penalty corner a forward who is in the circle receives a ball deflected from the stick of a defender and shoots for goal without stopping the ball. What is the decision of the umpire?

Answer: This is a legal play. No shot at goal shall be made by one of the attacking team from a corner or from a pass or a deflection unless the ball has first been stopped (not necessarily motionless) or has touched the person or stick of a defender.

2. A player taking a corner hit stands with one foot in the playing field Is this legal?

Answer: Yes. The player taking a corner hit or penalty corner hit may stand with her feet in any position, provided the ball is placed in accordance with the rule. (Rule 17, notes)

Rule 19

1. One of the duties of the umpires is to recognize substitutes. True or False?

Answer: True. Substitution shall take place with the sanction of both umpires.

2. How shall the game be restarted after an injury?

Answer: A bully on a spot to be chosen by the umpire in whose half of the field the player was hurt; or
the appropriate penalty when the accident was the result of a foul; or
the implementing of a decision given before the game was suspended.

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LACROSSE

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1974-76

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Back row: J. Smith, S. Weld, C. Burgess Lanzl, H. Alden, B. Stroud, J. Lippincott.
Front row: M. Werley, J. Pitts, S. McKinny (Capt.), R. Cash, J. Smiley Wolstenholme.

1972 UNITED STATES TEAM

Back row: L. Buck, S. Vetter, S. Wilson, B. Anders, P. Cabot, C. Kleinfelder.
Front row: D. Philippi, S. Kidder, G. Allebach (Capt.), J. Staver, B. Allen.

1972 UNITED STATES RESERVE TEAM

USWLA TEAMS – 1972

U.S. Team	Position	U.S. Reserve Team
J. Pitts (7F,4R,A,B,C)	1st Home	S. Vetter–3R
C. Burgess Lanzl (1F,1R)	2nd Home	L. Buck–1R
J. Lippincott (3F,1R,C)	3rd Home	B. Anders–1R
B. Stroud (1F)	R. Attack Wing	P. Cabot–1R
S. Weld (2F,1R,C)	L. Attack Wing	B. Allen–1R
M. Werley (1F)	Center	D. Philippi–5R
R. Cash (1F,2R)	R. Defense Wing	J. Staver–1R
J. Smiley Wolstenholme (9F,1R,A,B,C)	L. Defense Wing	S. Kidder–3R
J. Smith (3F,2R,B,C)	3rd Man	D. Wright–1F,2R,C
S. McKinny (8F,2R,A,B,C)	Cover Point	C. Kleinfelder–3R
H. Alden (1F,2R)	Point	G. Allenbach–2F,3R
L. Roth (5F,1R,B,C)	Goalkeeper	S. Wilson–2R

F Years on first team
R Years on reserve team

A 1964 Touring Team to Great Britain and Ireland
B 1969 Touring Team to Australia
C 1970 Touring Team to Great Britain and Ireland

Back row: S. Weld, J. Staver, C. LaFlemme, M. Werley, J. Smith, R. Cash, S. Wilson.
Front row: J. Lippincott, J. Pitts, C. Lanzl, C. Kleinfelder, B. Anders.

UNITED STATES TEAM 1973

Back row: J. Miller, J. Diamond, G. Messner, D. Philippi, S. Kidder, S. Walker.
Front row: M. Bodo, D. Field, B. Allen, L. Buck, J. Rensimer.

UNITED STATES RESERVE TEAM 1973

USWLA TEAMS – 1973

U.S. Team	Position	U.S. Reserve Team
J. Pitts (8F,4R,A,B,C)	1st Home	M. Bodo–1R
C. Lanzl (2F,1R)	2nd Home	L. Buck–2R
B. Anders (1F,1R)	3rd Home	D. Field–1R
S. Weld (3F,1R,C)	R. Attack Wing	J. Diamond–1R
J. Lippincott (4F,1R,C)	L. Attack Wing	B. Allen–2R
M. Werley (2F)	Center	J. Miller–1R
R. Cash (2F,2R)	R. Defense Wing	S. Kidder–4R
J. Smith (4F,2R,B,C)	L. Defense Wing	J. Rensimer–1R
C. Kleinfelder (1F,3R)	3rd Man	D. Philippi–6R
J. Staver (1F,1R)	Cover Point	S. Walker–1R
C. LaFlemme (1F)	Point	G. Allenbach–2F,4R
S. Wilson (1F,2R)	Goalkeeper	G. Messner–1R

F Years on first team
R Years on reserve team

A 1964 Touring Team to Great Britain and Ireland
B 1969 Touring Team to Australia
C 1970 Touring Team to Great Britain and Ireland

Lacrosse Multi-Skill Test

NANCY HICKS

Nancy Hicks received her B.S. and M.S. degrees from Ithaca College, Ithaca, New York, an M.S. degree from Syracuse University, Syracuse, New York, and a Ph.D. from the University of Iowa, Iowa City. She has coached lacrosse at Ithaca College and is currently employed as a psychometrist at the University of Oklahoma, Norman. She is on the NAGWS Volleyball Guide Committee.

The lacrosse multi-skill test was constructed for college women who are beginning players of lacrosse.

Equipment

1. A crosse for each participant
2. A stopwatch for each testing station
3. A lacrosse ball for each testing station to be placed on the center of the ball line
4. A cone for each testing station to be placed so that the front edge of the cone is on the far edge and in the center of the throwing line and in line with the ball and the center of the starting line

Markings

1. Starting line – a line 30 feet long
2. Ball line – a line 1 foot long at a point center and parallel to and 30 feet from the starting line
3. Throwing line – a line 20 feet long, in the center and parallel to and 90 feet from the starting line

Test

The player being tested stands behind the starting line with her crosse. At the signal "ready, go" she runs 30 feet to pick up the ball with her crosse. The player then cradles the ball around the far side of the cone (keeping the cone to her right shoulder) and past the throwing line. After she has crossed the throwing line she attempts to throw the ball across the starting line. If the ball is not thrown forcefully enough to cross the starting line or if the player drops the ball, she must follow it, pick it up with her crosse and continue to complete the series. Six trials are administered. Player should be alternated on trials to avoid fatigue.

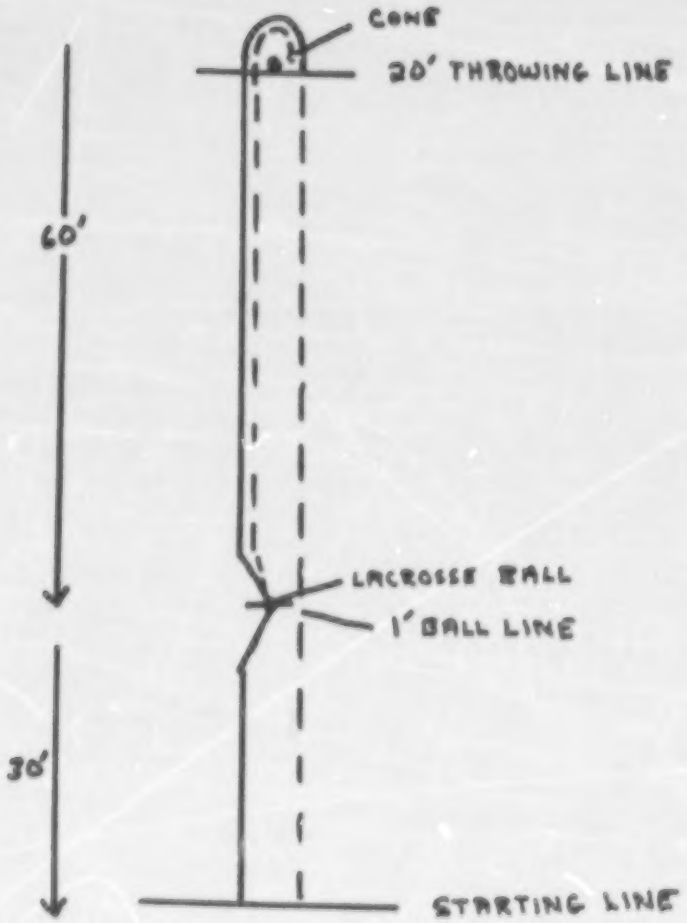

Figure 1: The layout of the skill test. ——— denotes path of player, - - - - denotes path of lacrosse ball.

Scoring

The score for one trial is the time it takes from the signal "go" until the player's lacrosse ball has crossed the starting line after having completed the pick up, cradling around the cone, and the throw. The score for the entire test is the sum of the times for six trials on each of two days (12 trials).

Basis of the Test

The skills incorporated in the lacrosse multi-skill test were determined by tabulating the incidence of various skills utilized in two beginning level games. The videotape recorder was used to record the games so that an accurate tabulation could be done.

Utilization of the Test

The test was administered to 45 college women enrolled in beginning lacrosse classes to establish validity and reliability coefficients. A retest was administered two days later.

The lacrosse multi-skill test has sufficient reliability and validity coefficients to be an acceptable measure of beginning lacrosse ability if 12 trials are utilized. It is highly recommended that 6 trials be given on each of two days because of the fatigue factor. If reliability and validity coefficients are desired, they may be obtained directly from the author. Scores collected from 117 college women who were beginning lacrosse players ranged from 90 to 177 seconds. This was for the total of the trials.

The One-Handed Beginner

ANGELA TAMMARO

Angela Tammaro received her B.S. degree from Sargent College, Boston University, and her M.S. degree from the University of Bridgeport, Bridgeport, Connecticut. She is currently the chairman of the physical education department and lacrosse coach at Greenwich Academy, Greenwich, Connecticut. She is a member of the New England District lacrosse team and is on the coaching staff of Merestead Hockey and Lacrosse Camp.

Success as soon as possible – that is one desire when teaching beginners basic lacrosse skills. To achieve this, teach the very basic skills, such as cradle, catch and throw, with one hand on the stick. The beginner has more immediate success and gains the confidence to continue.

Regardless of the length of the time one has to teach the beginner, one session at a clinic, one week at Merestead or a full season at school, the one-handed method has proved to be the best for immediate success. You must, though, emphasize the fact that the game is properly and most effectively played with two hands on the stick. Even with more experienced players, the one-handed method often aids in correcting bad habits, especially those involving catching and throwing.

Grip

A problem with the beginning lacrosse player is deciding which hand to put at the top of the stick. Rather than determining whether the player is right- or left-handed, the easiest and usually surest method is to have her put the hand she throws a ball with at the top of the stick. Check to be sure that the "V" formed by the thumb and index finger is in line with the "V" formed by the wood and the guard on the front of the stick. The hand must be placed between the player's face and the stick, not behind so that the stick is between the hand and the player's face (Figure 1). From this position the bottom hand should grasp the end of the stick with a firm, strong grip. The grip should be rechecked constantly with beginners. When it is correct, all the techniques of lacrosse are easier.

Figure 1. The grip of the top hand.

Cradle

By holding the stick with one hand, the beginner is concerned with just one end of the stick. When concentrating on the top hand, the bottom half of the stick tends to follow the top without pressure from the bottom hand. Beginners tend to have their arms swing in opposite directions when first learning the cradle. One hand cradling helps keep the stick vertical with both ends of the stick moving together. The beginner should develop an easy, swinging motion from side to side, keeping the top hand close to the head. In the full cradle, make sure that the stick is open on each side (left and right) so that a ball can be caught.

The cradle can also be practiced with just the bottom hand holding the stick. It should be emphasized that the stick should remain vertical, the bottom hand should be higher than the elbow, and in swinging the stick from side to side, the stick should be open on each side.

By holding the crosse in one hand, the beginner will have to use the whole upper arm to cradle rather than just rotating the stick with the bottom hand, which is a common fault. A good cradle is the basis for lacrosse (Figure 2).

Figure 2. Left to right shows the sequence of the cradle.

Catch

The one-hand learning situation is the most effective in learning to catch. Have the beginner check the proper grip of the top hand while the ball is in the other hand. The beginner should throw the ball up and out in front of her, not too high. Keeping the stick vertical, she should then reach forward and wrap the crosse around the ball in the cradling motion. A common fault of the beginner in learning the catch is to take a swing at the ball, similar to hitting a tennis ball. Emphasis should be made to reach out to the ball and wrap the stick around it.

Regardless of the side on which the ball is caught, the crosse must come from behind the flight of the ball. This should be done in space less than the width of the shoulders.

As soon as the beginner experiences some success, have her toss the ball a little higher and farther in front so she has to move to the ball to catch it. Try to catch the ball as high as possible, watching the ball into the stick (Figure 3). Check to see that the crosse is being wrapped around the ball and not allowed to become horizontal for what is commonly called a frying pan catch. Be sure that both sides are practiced equally.

Figure 3. The catch.

A partner can then toss the ball underhand as the receiver moves to the ball. This should be done at a relatively close distance, 8-10 yards apart. The emphasis on all catches is to complete the swing of the cradle.

Throw

In the first lesson, show the comparison between an over-hand throw of a ball with the overhand throw from a crosse. The top-hand grip for the throw slips slightly around the handle of the stick into position to apply power behind the ball in an overhand throw. With the student throwing with the top hand only on the stick, the points of emphasis are similar to the throw with two hands: take shoulder back, elbow down, hand back by ear, lift up and follow through (Figure 4). She should feel the ball roll up and out of the stick.

Figure 4. A series showing the throw.

In this throw the student is only concerned with what the top hand is doing. Emphasize the lift-up of the stick followed by the snap of the wrist in coming up and over. It seems that with one hand, the beginner is more apt to get a lift up and over rather than what usually appears as a "put" in "putting the shot" from the shoulder.

All throws should be finished with a proper follow-through. The head of the crosse should point in the direction of the flight of the ball while the butt end of the stick should follow under the armpit of the throwing arm to complete the throwing action.

Try to accomplish all of the above to some degree in the first lesson, along with a mini-game. After the third or fourth lesson, put the beginners into an actual game. This helps to show them the reason for the stick work and the need for more practice, thus making them more willing to work in the next lesson.

Using the one-handed method with beginners has been successful. The fact that sometime during their first lesson the beginners have some success with catching the ball will help to spur them onward.

Innovation Does Not Necessarily Mean Ruination

MARGERY WATSON

Margery Watson received her B.S. degree from Ursinus College, Collegeville, Pennsylvania, and has been coaching lacrosse there since 1957. She coached the All-College lacrosse teams of 1972 and 1973.

Lacrosse is approaching an exciting era. With such an increase in the number of participants and the spread of the game to new areas, varying styles of play are bound to present a change. The resulting transition can be either disastrous or healthy, depending upon how the mother organizations treat the new types of games.

Lacrosse, in spite of all the "freedom and creativity" talked about, has remained one of the most stereotyped games we play. But why? With so few rules and no boundaries, offsides or set positions, it is surprising that we all play extremely similar games. With these criteria, lacrosse is still in its infancy and the opportunities for innovating are as boundless as the game itself.

Those of us who feel strongly about a particular style of play because that is the way we were taught and played and the way we have taught, must not condemn nor criticize others who experiment with different methods. Are we aware of all the ways one can cradle, dodge and take shots? Why do we tend to make these skills finite?

Some people criticize new techniques such as switching hands, zone defense, double-team, roll-dodge, the side-arm shot or pass and low cradle. Those of us who are in the parent organizations must encourage the freedom and creativity we talk about or the game could get out of hand and become bogged down with many new rules.

If the game is as great as we all feel it is and if the standard, basic, British-background method of teaching skills and strategy is the best, as most feel it is, then it certainly will prove to be the most effective and successful way. Its survival will in no way be in jeopardy simply by experimenting with other styles of play.

A coach must take into consideration the personnel she has and vary her method of play accordingly. She cannot successfully use the same system each year if her personnel varies greatly. She must adapt!

Too often we condemn something because we do not know how to combat or overcome it. A common example is condemning a zone

defense just because it is different. Another example comes from a student who told of a game in which the point ran with the ball the full length of the field and scored several times. The student said the team with the running point did not play "good lacrosse." But that team won. My question to her was, "How can 1 player overcome 12?" My criticism is not with the point, but with the incompetence of an entire team who let her go the full length of the field – more than once!

Anyone who knows lacrosse is aware that it relates easily to many other sports. It is not unique in the manner that has been repeated time and time again. Its uniqueness lies in our special feelings for the game.

Let us encourage rather than criticize young players and coaches with new ideas; they should be permitted at least to try their ideas. We must be open-minded. Each game played should present a new challenge. The satisfaction of playing and coaching lies in meeting, analyzing and winning that challenge.

We must realize that *innovation does not mean ruination!*

The Zone Defense in Women's Lacrosse

ELEANOR HESS

Eleanor Hess received her B.S. and M.S. degrees from the University of Pennsylvania, Philadelphia. She was chairman of the girls' physical education department at the George School and is currently chairman of the department of physical education for women and director of women's athletics at Swarthmore College, Swarthmore, Pennsylvania, where she coaches lacrosse. She is chairman of the 1974-76 Lacrosse Guide Committee and is a member of The Pennsylvania NAGWS.

One of the most controversial and least understood subjects in women's lacrosse is the use, or misuse, of the so-called zone defense. In understanding the proolem, we must first define our terms. What do we mean by a man-to-man defense [illegible]

Traditionally, a *man-to-man defense* is one in which one player is responsible for one other player – namely, her opponent. By responsible is meant that the player must closely mark her opponent at all times unless she herself is either in control of the ball or her team has possession of the ball and she is freeing herself to be of help to a teammate. Women's lacrosse is one of the few games, if not the only, in which a strict man-to-man defense is encouraged, with the possible deviation being the interchange of the coverpoint (or less likely the third man or point) with the defense wing in the event of a free player moving toward the goal.

A *zone defense* is one in which a player marks a space rather than a specific player. The question of whether the interchange of the coverpoint and the ensuing marking of the second home by the defense wing does or does not constitute a zone defense as defined above is a most interesting one. Have you ever studied the positioning of the defense when an interchange takes place in a top-level game?

The zone defense has been highly criticized because it has been misused. It has been misused because of the lack of knowledge of what a good zone is and/or because of the philosophy of the coach towards games in general and lacrosse in particular. Are we playing to win, or merely not to lose? A good zone is an offensive defense. Its purpose is to mark a space and thus play for the interception with the sole aim of initiating a fast attacking move. Confusion has arisen when people see a sagging man-to-man defense or a barricade,

both of which are negative defenses and should not be called a zone defense. Furthermore, no team should be accused of using a zone defense when indeed it is an unimaginative attack which has taken its opponents' defense in front of the goal.

What, then, is a good zone and how does one learn it? A good zone is an attacking defense. To achieve it, one must strategically place players just as one does in a good basketball zone defense. The basic ingredient is to teach defensive players to be sensitive to the position of the ball, to spacial relationships and to each other. Other important factors are the ability of each defending player to anticipate, to be an aggressive attacking player and to love to intercept. Given these attributes, no good zone defense will ever be content to align itself in front of the goal or be drawn there by unimaginative attacking players.

To teach a good zone defense, simply do as Virginia Allen did early in her career when she introduced women's lacrosse to her Swarthmore High School students and subsequently produced an unbeaten team for the following 26 years. She took the best defensive strategy employed in basketball and adapted it to lacrosse. Do not make the mistake of incorporating the zone defense used by men's lacrosse teams; even though there are aspects of each game that could be used to advantage in the other, the two games are entirely different.

Does a zone defense have a place in women's lacrosse? I believe it does if it is a good and enlightened zone defense. Some argue that a zone defense is not in the spirit of the game because it allegedly destroys the incentive to mark closely and to develop the stamina, agility and responsibility to recover that close marking demands even though the interchange of the coverpoint could well be considered as a zone defense. Conversely, it can be argued that a good zone defense involves much that is inherent in a good man-to-man defense such as anticipation, interception and timing plus excellent footwork, stickwork and teamwork. Furthermore, if spirit of the game means developing lacrosse so that the end result is a game well played, competitive, exhilarating and meaningful to players, coaches, officials and spectators, then a good zone defense can and does contribute to this end result.

Finally, I would suggest that in many instances the best defense is a combination of a good zone and a good man-to-man. This system keeps the defense flexible and alert, challenges the opposing attack and tends to bring out the best in the two defense systems, for one complements the other.

If lacrosse is to continue to develop, it must be receptive to new ideas, coaching methods and ways of playing the game. Let us give the zone defense a fair chance.

Lacrosse: Coming of Age in the Midwest

EILEEN KEENER

Eileen Keener received her B.S. degree from West Chester State College, West Chester, Pennsylvania, and her M.A. degree from Ball State University, Muncie, Indiana. She has taught physical education in elementary and secondary schools and is currently coaching field hockey and lacrosse at Ball State University. She has served on the Indiana DGWS executive board as field hockey and lacrosse chairman, 1966-70, and as state institute director in 1973.

Women's lacrosse has been played for many years by avid college students in Ohio and Indiana. On campuses where there are lacrosse-minded faculty and the undergraduate population includes girls from the East Coast, lacrosse is part of the instructional physical education program and played sporadically as an intercollegiate club sport.

Enthusiasm for the sport among additional schools developed as the result of repeated workshops, clinics, camp opportunities and dedicated faculty. The first midwest collegiate lacrosse workshop was held in 1966 when Mary Parker of Ohio Wesleyan University invited schools to attend an all-day instructional clinic taught by Billie McPhee at Delaware, Ohio. The following year, Ball State University hosted an all-day clinic where instruction was provided by Marilyn O'Neill and Betty Conklin of the USWLA.

The first workshops provided incentive by reinforcing technique and strategy for students and coaches, encouraging additional contacts among interested schools and giving the Midwest a feeling of kinship with all lacrosse enthusiasts.

Mr. and Mrs. Schaeffer of Valley Farm, Brooklyn, Michigan, who have offered so many opportunities to field hockey lovers, have greatly aided the growth of lacrosse in the Midwest by opening their unique camp for a lacrosse weekend each April for the past five years. Starting with a lacrosse clinic for independent high school girls in 1968, the number of Valley Farm lacrosse weekend participants has increased from 48 college girls in 1969 to 93 girls and six coaches in 1973. The weekends have consistently provided the highest levels of instruction. In the past five years Betty Shellenberger, Betty Drobac, Anne Delano, Margaret Huston, Carol Moore, Dottie Richardson, Prudence Abrahams and Celia Brackenridge have

encouraged an ever higher level of play while maintaining the spirit of the game's traditions and adding needed sparks.

In 1971 the College of Wooster held the first invitational lacrosse tournament from which the Midwest sent its first team to the national tournament. At Valley Farm in April 1972 the Midwest College Women's Lacrosse Association was organized formally; Mary Taylor of Earlham College became the Association's first president. Current president Pat Domer of Wittenberg University presides over an active association of nine colleges and universities including Ashland, Earlham, Kenyon and Wooster Colleges, and Ball State, Bowling Green, Ohio, Ohio Wesleyan and Wittenberg Universities. For the past two years the Midwest has been represented at the national tournament by two teams.

The challenges that the Association currently faces are twofold: (1) to provide maximum participation for all lacrosse players in the Midwest and (2) to enhance lacrosse opportunities for more high school girls in the Midwest by providing additional clinics, workshops, demonstrations, loan equipment and enthusiasm.

The first challenge, that of maximum participation, is being studied by the Association with possible resolutions for expanding a single association or division into multiple organizations based on geographic considerations. The second challenge, that of developing a broad base of programming, is receiving individual, school and association consideration. It is hoped that U.S. squad practice sessions in the Midwest area, plus continued clinics and workshops, will help the Association maintain its enthusiasts and enthusiasm for lacrosse.

Helpful Hints for Officials

JUDY MICHEL

Judy Michel received her B.A. degree from Mount Holyoke College, South Hadley, Massachusetts and her M.A. degree from Villanova University in Ardmore, Pennsylvania. She is a biology teacher and lacrosse coach at the Baldwin School in Bryn Mawr, Pennsylvania. She has played lacrosse for the Westchester and Philadelphia Association teams and is currently the umpiring chairman for Philadelphia.

The key to good lacrosse officiating can be summed up in three words – attitude, anticipation and awareness. A fourth – ability – could be added but it is hoped that every official feels she has the ability to call a good game or she would not be on the field in the first place.

Of the three factors, attitude is the most neglected. It is essential for officials to remember that they are there for the benefit of the players and should allow them to play a fluid, fast-moving game. Officials should call plays firmly but not have absolute control over the play. In the same way that the players enjoy a game, so should the official.

All three attributes come into play before the game begins. The officials should check the goal nets to avoid embarrassing situations later on. Quite often by watching the two teams warm up, the officials can get an idea of what to expect when play begins. A game between junior high beginners needs to be officiated differently from one between high school varsity squads.

Once play begins, there are several situations which need close attention. If the official can anticipate the developing play as the ball moves down the field, she will be aware of possible infractions which may occur.

It is often difficult to distinguish between blocking and charging. An easy way to discern the difference is to watch the defensive player's body. If she moves into the body of the attacking player or into the attacker's path without giving her room to dodge, it is usually blocking. The defensive player may not detain or slow her opponent by contact with her stick. Charging occurs when the attacker runs, often with a quick move, into the defender's body. Body checking should leave a gap between the players. The player who, by her movement, first closes this gap and causes the contact is usually guilty of the foul.

Another situation to be watched closely occurs when the defensive player attempts to check her opponent's stick at the moment the ball arrives. Many players time this quite well and check as the ball touches the pocket of the crosse. However, many checks arrive on the attacker's stick too soon. If a player's stick is checked before she has the ball, she should be awarded a free position.

When the ball heads out of bounds, it is important to watch to see which player is closer to the ball. She should be awarded the ball even if she was only one step ahead of her opponent. The defensive player is permitted to remain as close to her opponent as she was when the whistle blew, she does not have to be five yards away. If neither player is a step ahead, then a throw is taken after the players have been brought five yards onto the field.

To keep lacrosse a fast-moving game, it is important to hold the whistle whenever possible. Quite often the determination of the player with the ball will enable her to escape the foul and score or pass successfully. It sometimes helps players if the official tells them that she realizes they are being fouled. Then they know the fouls are being seen but that they are being allowed to play on.

The most crucial area on a lacrosse field is the crease area. An official can miss a foul or two on the field and no one will notice, but if an official misses a crease call, everybody notices. Once again, awareness and anticipation are important. As the play develops upfield, it is very important for the official to stay ahead of the ball and arrive at the crease before the ball.

The best way to call crease violations is to get on a tangent with the crease and the player with the ball and to move as she moves. In this way, the official can see clearly whether or not she crosses over the crease (Figures 1 and 2). As the player moves along the crease, imagine a vertical line which creates a cylinder about the goal area. If a player moves on or through this line, it is a crease violation.

Officials should be encouraged to move easily on both sides of the crease to see accurately any violations. It is also easier to see play on the far side of the field if the official moves to the other side of the crease. She should feel confident about working from both sides of the goal.

After a shot has been made, it is essential for the official to wait to see if a crease violation occurs and then blow the whistle to signify the goal. If a crease violation does occur on an apparent goal, the official should immediately blow her whistle (several times if necessary), instruct the players to "stand," and signal vigorously with her arms that no goal has occurred. This action alerts both players and spectators.

The official also needs to watch the goalkeeper. If she steps out of or onto the crease to pick up the ball, she may not step back in

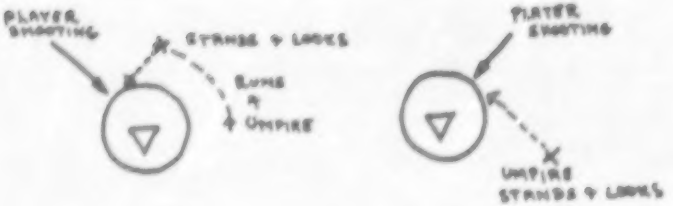

Figure 1. The official moves side to side or forward and back, according to the way the play develops as it approaches the goal. It is generally considered best to move to the side opposite to the one where play is approaching. The shot is best seen when the official is at right angles to the head of the stick.

for protection when clearing it. It is important to watch the ball in the crosse as she clears it to be sure it does not cross the goal line. And of course, the official must be sure the whole of the ball has crossed the whole of the goal line before she signals a goal.

In all instances, the official should blow her whistle firmly and, if necessary, ask the players to stand. She should then indicate in a moderately loud but firm voice who is to take the free position. If a player looks confused as to the call, the official should explain the foul. If the players understand the call, it not only helps them become better players but also help them to respect further calls and not be resentful because of a lack of understanding.

Officials should at all times work with, not against, the players. In this way, the game will be enjoyed by all.

Figure 2. Establishing the crease boundary. Left: legal play. Right: crease violation.

Lacrosse Bibliography

Books

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Delano, Anne Lee. *Lacrosse for Girls and Women.* Dubuque, IA: William C. Brown Co., 1970. 76 pp. Excellent book on basic skills and techniques.

Lewis, B. J. *Play Lacrosse The Easy Way.** London: Candium Press, 1970. A new publication for coaching lacrosse to beginners; emphasizes natural movement patterns.

Reeson, Joan. *Know the Game – Lacrosse.** Simply written and illustrated. Excellent for beginning players and coaches.

Vannier, Maryhelen and Poindexter, Hally Beth. *Physical Activities For College Women.* Philadelphia: W. B. Saunders Co., 1964.

Weyland, A. M. *The Lacrosse Story.* Baltimore: H & A Herman Publishing Co., 1965. Complete book on the game of lacrosse with a fascinating and up-to-date chapter on "distaff lacrosse."

Scorebooks

Lacrosse Scorebook. Bacharach-Rasin Company, Towson Industrial Park, Towson, MD 21204.

Lacrosse Scorebook. Bill Battey Sporting Goods, Front & Jackson Sts., Media, PA

Lacrosse Scorebook. Cran Barry, Inc., Marblehead, MA 01945.

Magazines

Crosse Checks. A yearly publication of the United States Women's Lacrosse Association. Contains news and information useful to players and instructors. Free to active, associate and allied members. Copies may be purchased from the Second Vice-President of the USWLA. Anyone interested in submitting articles and/or pictures for possible publication, should submit same to the Second Vice-President by January.

*Lacrosse.** Published by the All-England Ladies' Lacrosse Association. Published several times a year between October and April. Articles on playing and coaching included. Mostly a report of games played and planned.

*These English publications may be obtained through Gertrude Hooper, 242 Highland St., Milton, MA 02186.

Lacrosse Visual Aids

USWLA Teaching Aids

The official publications of the USWLA include literature and bulletin board material for teachers and players. The TM packet (TM 1-22 and TM-1-1967 – TM-9-1970) is available at $3.75 through the USWLA Technical Material Distribution Chairman (Ann Markel, 710 Maple Court, Moorestown, NJ 08057). For new series issued after December 1970, please add 25 cents for each year.

TM-1 *Techniques.* 11 x 17 in. Pictures of elementary techniques with explanations. 15 cents.

TM-2 *Game Situations.* 11 x 17 in. Pictures of close marking by defense, clear by goalkeeper, fouls, with explanations. 15 cents.

TM-3 *The Lacrosse Field and Positions.* 5 cents.

TM-4 *Parts of the Stick and Repair.* 5 cents.

TM-5 *Coaching Notes.* Outline for teachers. Coaching points, teaching practices, common faults – 13 techniques, pocket size. 25 cents.

TM-7 *Demonstration of Lacrosse.* Directions for staging indoor or outdoor demonstration of the game; commentary. 5 cents.

TM-8 *How To Construct Homemade Portable Goals.* Revised 1970. 5 cents.

TM-9 *Hints to Coaches.* Coaching and umpiring for safe lacrosse. 5 cents.

TM-10 *Dodging and Body Checking.* 11 x 17 in. Coaching practices, game situations, illustrated, with explanations. 15 cents.

TM-11 *Overarm Pass.* 11 x 17 in. Pictures of the overarm pass with explanations. 15 cents.

TM-12 *Footwork and Body Control.* 11 x 17 in. The effect of good or poor footwork and body control upon lacrosse stickwork; illustrations with explanations. 15 cents.

TM-13 *About Lacrosse.* Pocket-size leaflet. Brief history and rules of women's lacrosse followed by values of the game and equipment needed to start a program in school or college. 15. cents.

TM-14 *For Controlled Lacrosse.* 11 x 17 in. Illustrations show what happens when hands are slipped down the stick. 15 cents.

TM-15 *Game Situations.* 11 x 17 in. Pictures with comments show attack and defense play. 15 cents.

TM-16 *Goalkeeping.* 11 x 17 in. Pictures with explanations show technique necessary for goalkeepers. 15 cents.

TM-17 *Playing Attack Wing.* 11 x 17 in. Illustrations and explanation of attack wing play emphasizing positioning and variety of shots necessary. 15 cents.

TM-18 *Crosse Checking.* 11 x 17 in. The skill of crosse checking and the fouls that may occur when checking is not properly executed. 15 cents.

TM-19 *Defense Interchange.* 11 x 17 in. Pictures and diagrams of interchange, with explanations. 15 cents.

TM-20 *Umpiring.* 11 x 17 in. Diagrams with comments on field and goal umpiring. 15 cents.

TM-21 *Lacrosse in Action.* 11 x 17 in. Action pictures of the 1964 U.S. Touring Team vs. England. 15 cents.

TM-22 *Set of Five Lacrosse Cartoons.* 8½ x 11 in. 25 cents.

TM-1-1967 *Holding The Crosse and Cradling.* Pictures and comments. 15 cents.

TM-2-1967 *The Draw.* 8½ x 11 in. Pictures and comments. 15 cents.

TM-3-1967 *Picking Up.* 8½ x 11. 15 cents.

TM-4-1967 *Shooting.* 8½ x 11 in. Low bounce and high soft shots. 15 cents.

TM-5-1967 *Movement in Lacrosse.* 8½ x 11 in. Action photos. 15 cents.

TM-6-1968 *Marking.* 8½ x 11 in. Drawings and comments on defense play. 15 cents.

TM-7-1968 *Underarm Pass.* 8½ x 11 in. Execution of this pass in drawings, with comments. 15 cents.

TM-8-1968 *Shoes.* 8½ x 11 in. Types to be worn for lacrosse. 15 cents.

TM-9-1970 *Body Checking, Crosse Checking, High Shot at Goal.* 11 x 14 in. A set of three drawings illustrating all three situations, controlled and uncontrolled. 25 cents.

TM-10-1972 *Match Warm-ups: The Attack Player; The Defense Player; Goalkeeper.* 8½ x 11 in. A set of three specific warm-ups for match play. 25 cents.

TM-11-1973 *Equipment Basic to Play.* 8½ x 11 in. A set of two drawings and comments describing equipment needed to play lacrosse. 25 cents.

TM-12-1973 *Illegal Equipment.* 8½ x 11 in. A set of drawings depicting kinds of equipment not permitted in women's Lacrosse. 25 cents.

Films

Lacrosse Film Loops. 1961. 8mm and 16mm, si. (Approved by the AELLA.) Series of 9 loops with notes. 16mm, $13.50; 8mm, $10.25 (including sea mail). Available from Guy Butler, "Harbledown," Little Hadham, Hertfordshire, England. Film covers grip, cradle, picking-up, overarm and underarm throw, low and high catch, dodging, body checking, goalkeeping, and overarm and underarm shot.

Lacrosse, Lacrosse. 16mm, 18 min., sd., color. Sale $300, rent – allied member $10 one day, $5 for each additional day; non-allied member $15 one day, $5 for each additional day. Available through Association Sterling Films, 600 Grand Ave., Ridgefield, NJ 07657. The United States Women's Lacrosse Association is proud to announce the availability of a new film which is a unique expression of the beauty of the game in motion and words with a delightful musical background. Viewers will see many aspects of the game, including on and off the field experiences while listening to players' answers to the question: "Why lacrosse?"

Let's Play Lacrosse. 1968. 16mm, 23 min., sd., color. Produced by the USWLA. Sale $300, rent – allied member $10 one day, $5 for each additional day; non-allied member $15 one day, $5 for each additional day. Available through Association Sterling Films, 600 Frand Ave., Ridgefield, NJ 07657. Twelve minutes of skills demonstrated by members of the U.S. Lacrosse Team: the grip, cradle, pivot, pick-up, catch, pass, and dodge as well as body checking, shooting, and goalkeeping, both in slow motion and at regular speed. Eleven minutes of game sequences between the 1967 Touring Team from Great Britain and Ireland and the top U.S. players showing: cutting, marking, quick passing, body checking, intercepting, shooting, and goalkeeping.

For information about the USWLA Film Service, contact Dorothy Hayden, 218 Blenheim Rd., Baltimore, MD 21212. Place your request for films at least three weeks in advance; list alternate dates. Postage and insurance are not included in rental fees.

EQUIPMENT SERVICE

Used Equipment Committee

Do you have lacrosse equipment you are not using? Are you planning to purchase new equipment? This committee may be of service. Would you be willing to donate used equipment? Such equipment could assist schools, colleges, and districts in starting lacrosse; even a few sticks in disrepair would help because the committee has a waiting list. For donations or information on equipment, write to the USWLA Equipment Chairman, Ruth Koenigsberg, 8715 First Ave., Apt. 809D, Silver Spring, MD 20910.

Loan Equipment Kits

Lacrosse Loan Kits are placed at the disposal of the USWLA each year. A kit includes 24 lacrosse sticks, 24 balls, and 2 goal nets. Schools wishing to be considered for receiving a Loan Kit should write to the USWLA Equipment Chairman for a questionnaire, which must be returned by November 1 to be considered for the next spring.

EXTENSION SERVICE

If you wish coaches, clinics, or an exhibition game write to the USWLA Extension Chairman, Mary Jane Miller, 2822 Central Ave., Ocean City, NJ 08226. Please indicate the name of your organization, the type of service you wish, dates, numbers involved, and the name, address, and phone of the person in charge.

STANDARDS AND PROCEDURES FOR THE RATING OF UMPIRES

USWLA Committee

This committee shall consist of at least seven members who shall hold a National rating consecutively for four years. The chairman shall be appointed by the president and shall serve for a two-year term. Other committee members shall be appointed from recommendations made to the chairman and shall also serve two-year terms. At least two shall be appointed in an alternate year to the other committee members.

Duties

a. Establish standards and procedures for the rating of umpires.
b. Prepare written examination annually.
c. Establish examination and umpiring fees.
d. At the national tournament, judge candidates for the National Honorary rating and assist with officiating games.
e. Conduct clinics for new officials.
f. Aid new areas in rating officials.
g. Assist Rules Committee in evaluation of rules of lacrosse.

If you need officials, or wish information on rating clinics and examinations, write directly to the USWLA Umpiring Chairman, Adele Boyd, 113 E. Germantown Pike, Plymouth Meeting, PA 19462.

District and Local Umpiring Committee

This committee shall consist of a chairman, who should have a National rating, and three to five members, with preferably one-third of these rated as National or District officials.

1. Duties: Committee
   a. Administer written examination.
   b. Assist in judging officials at practical examination.
   c. Assist at clinics for new officials.
2. Duties: Chairman
   a. Keep a record of all officials rated by her association or district.
   b. Request certificates and emblems for new or rerated officials from the National Chairman by national tournament of each year.

c. Send $2.00 for each written examination administered to the USWLA Treasurer by national tournament of each year.
d. Submit a complete report of names, addresses, and telephone numbers of all officials in her association and date of expiration of the rating to the National Chairman by May 20 of each year. This report should include the names of those who will be able to officiate at the national tournament.

Examinations

Written and practical examinations shall be given to each candidate.

Examination Fee

A national fee of $3.00 shall be collected for each written examination administered. An additional amount, according to local ruling, shall be collected from each candidate and retained by the local association.

Classification of Umpires

National Honorary – New awards discontinued. Present National Honorary Umpires must umpire two games every three years at national tournament to remain active; otherwise the umpire will be listed as inactive.

National Umpire
Theoretical exam – 92% or above
Must have held District rating for two years
Practical – Approval of at least 3 National judges at national tournament
Rating issued for three years

District
Theoretical exam – 90% or above
Must have held Local rating at least one year
Practical – Approval of one National and two District judges
Rating issued for two years

Local
Theoretical exam – 85% or above
Practical – Approval of one National or one District and two Local judges
Rating issued for two years (in special cases, 1 year)

Intramural
All criteria are set by the Local board with the approval of the National Umpiring Chairman.

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Suggested Umpiring Fees

The following suggested minimum fees include travelling expenses. In cases where two Field Umpires are used:

	1 game	2 games
National and District Umpires	$12	$20
Local Umpires	$ 8	$15

If only one rated official is used she shall receive 1½ times the amount suggested and shall use two unrated goal umpires.

Figure 1: Dartmouth College vs. the University of New Hampshire. Notice the close marking and concentration by the players.

NAGWS–USWLA
Official
Lacrosse Rules

113/114

NAGWS-USWLA OFFICIAL LACROSSE RULES

The USWLA Rules Committee has made no changes in the rules in the last two years. Since a new International Rules Committee is working on a project to standardize the rules used throughout the world, it seemed pointless to make any changes at this time.

RULE 1. THE CROSSE

The crosse shall not exceed four feet in length or nine inches in its widest part. The weight of the crosse should not be more than 20 ounces. The frame must extend down the right-hand side of the bridge and shall be of wood or synthetic material; left-hand crosses are illegal. The guard at the left-hand side of the bridge shall be woven of natural or synthetic material; no molded material may be used. A string must be brought through a hole at the side of the tip of the turn to prevent the point of the stick catching an opponent's crosse. The leather thongs (lengthwise strings) must be woven to within two inches of their termination and tightened sufficiently to prevent a ball from catching in the mesh. When the crosse is held horizontally, no more than half of the ball shall be below the guard. No metal of any kind shall be allowed upon the crosse.

Note: The committee recommends that men's crosses should not be used.

RULE 2. THE BALL

The ball shall be of rubber sponge, not less than 7¾ nor more than 8 inches in circumference. It shall weigh not less than 4½ nor more than 5¼ ounces.

RULE 3. THE GROUND

There are no definite boundaries to the field of play. Captains or coaches, together with the umpire, shall decide before a match is played where the boundaries will be (e.g., grandstands, benches, trees, bushes, hills and gardens bordering the field may be declared out of bounds).

The goals shall be placed not less than 90 nor more than 110 yards apart, measured from goal line to goal line. The field should have a minimum width of 50 yards free of obstacles.

A circle of 10-yard radius shall be marked with its center the center of the field, and through this same point a line shall be marked 2 yards each way, parallel to the goal lines.

RULE 4. THE GOALS

Section 1. Each goal shall consist of two posts six feet apart joined at the top by a rigid crossbar six feet from the ground (all inside measurements). These posts and crossbar shall be of wood, 2x2 inches, and shall be painted white or of pipe. The goalposts shall not extend upward beyond the crossbar, nor the crossbar sideways beyond the goalposts. Netting of not more than 1½-inch mesh shall be attached to the posts and crossbar and to a point on the ground six feet behind the center of the goal line, and shall be firmly pegged to the ground. The post may be supported by backstays within the netting. A line called the goal line shall be drawn from post to post, with the front of the goalposts touching the outer edge of the goal line.

Section 2. The goal crease shall be in the form of a circle with an 8½-foot radius measured from the center of the goal line.

Note: Goals made of pipe and painted white are considered legal, but their use is strongly discouraged by the committee as a score made off a rounded surface is difficult to determine, and the rebound is not always true.

Note: The crease includes the line which marks the crease.

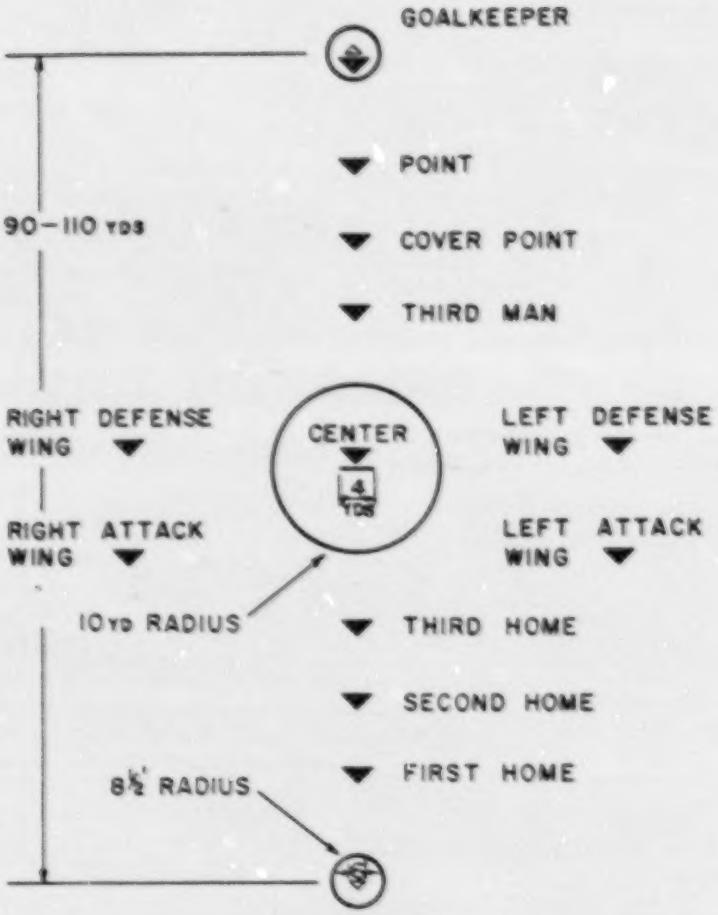
RULE 5. THE TEAMS

Section 1. Twelve players shall constitute a full team. Players shall be designated as follows: first home, second home, third home, left attack wing, and right attack wing as attack positions; a center who plays both attack and defense; left defense wing, right defense wing, third man, cover point, point, and goalkeeper as defense positions. This distribution of attack and defense players is not compulsory.

Section 2. A substitute may take the place of a player in case of injury. Such substitution shall be authorized by the scorer and field umpire.

If a player withdraws from the game temporarily and no substitute takes her place she is at liberty to resume play when she is able.

Note: In high school and college games, substitutions may be made at the discretion of the umpire.



Lacrosse Field

RULE 6. THE CAPTAINS

Section 1. A captain shall be appointed from each team previous to the commencement of a match.

Section 2. The captains shall toss for choice of ends before the match.

Section 3. The captains shall agree as to the length of time each period shall last.

RULE 7. UNIFORM

Section 1. Players shall wear plastic, leather, or rubber-soled shoes. No spikes shall be allowed, with the exception of plastic, leather or rubber ones.

Section 2. Players, with exception of the goalkeeper, shall not wear protective head gear, facemask or padded gloves unless necessitated by medical reasons.

Section 3. The goalkeeper's glove, intended solely for the protection of the free hand, shall be close-fitting and without webbing, extreme size or excessive padding.

RULE 8. THE FIELD UMPIRE

Section 1. The duty of the field umpire shall be to enforce the rules. Her decision shall be final and without appeal. The final decision on each goal shall be given by the field umpire.

Section 2. Before the match she shall see that the goals, balls and crosses are in accordance with the rules.

Section 3. Before the match she shall see that the goal umpires understand their duties. She may call upon the goal umpire to referee all play behind the goal. This should be understood before the game begins.

Section 4. Any infringement of the rules, or in any case of injury or accident (Rule 5, Sec. 2), the field umpire is empowered to whistle immediately.

Section 5. Holding the whistle, the field umpire may refrain from putting any rule into effect in cases where she is satisfied that by enforcing it she would be penalizing the team fouled against.

Note: The umpire should use this discretion wisely, taking into consideration the level of skill of the players and the need to keep the game free from roughness.

Section 6. If weather conditions make play dangerous, the umpire is authorized to suspend the game, only after consultation with the coaches.

RULE 9. THE GOAL UMPIRES

Section 1. There shall be one goal umpire at each goal. She shall stand by the goal to umpire the rules concerning the crease. She shall not change ends during the match. *No person shall speak to the goal umpire or in any way distract her attention. No spectators shall be permitted closer than 15 yards to the goal crease.*

Section 2. In the event of the whole ball passing over the goal line and under the crossbar, provided that no attack player has run on or into the crease or has her crosse over the goal crease, either during or after a shot, the goal umpire shall signal clearly her decision of a goal before the field umpire blows her whistle.

Note: The usual signal is a raised arm with flag.

Section 3. If the goal umpire observes an infringement of the rules concerning the crease, she shall whistle at once to stop the game. The field umpire shall then award the penalty.

RULE 10. THE TIMEKEEPER AND SCOREKEEPER

Section 1. There shall be one official timekeeper. The final whistle of the timekeeper shall indicate the end of each period of play.

Section 2. There shall be one official scorekeeper.

RULE 11. THE GAME

Section 1. The official playing time shall be two periods of 25 minutes each. This time may be shortened by mutual agreement of the captains.

Section 2. Time-out shall be called in order that an injured player may leave the field. (Time-out is not allowed for being winded.)

If a player's stick becomes unfit for play, time-out shall be called and play restarted as indicated in Section 6. Play shall be resumed 1, 2, 3.

Section 3. Ends shall be changed after the first period. At halftime either side may claim not more than 10 minutes' rest, which shall not be counted as playing time.

Section 4. Play in each period and after every goal shall be started by a draw at the center taken by the two centers.

Section 5. The side scoring the greatest number of goals shall be the winner. Each goal counts one point. If the score is tied at the end of the game, the game shall remain a tie.

A goal shall be scored by the whole ball passing over the goal line and under the crossbar from in front, having been propelled by the crosse, but not by the person, of an attacking player. Should the ball be put through the goal by one of the players defending it, by whatsoever means, it shall be counted a goal to the opposite side. In the event of a goalpost being knocked down during a match and the ball being put through what would be the goal if the posts were standing, it shall score a goal to the attacking side.

Note: A goal shall not be scored when –

a. The ball enters the goal off the person of an attacking player.
b. Any attacking player has any part of her body or crosse over or within the crease either during or after a shot or pass.
c. Any attacking player runs on, into, or through the crease after a shot.
d. Any attacking player checks or interferes with the goalkeeper while the latter is within the bounds of goal crease.
e. The ball enters the goal after the whistle has been blown.
f. The ball is put through by a nonplayer.

Section 6. In case of injury or interference with the game by spectators, dogs, football, etc. coming onto the field, the umpire shall call time-out.

Play should be resumed –

1. If no foul occurred – by awarding a free position to the player who had possession of the ball when the time-out was called.
2. If a foul occurred – by awarding a free position to the team fouled against.
3. By the throw if no player had possession when the time-out was called (Rule 14).

Section 7. Crosse checking. A player may attempt to dislodge the ball from her opponent's cross by a controlled hit or a series of taps with the stick, provided she does not reach over the shoulder, or head when tackling from behind. She may not touch the body of her opponent, or endanger her opponent in any manner with the crosse (Rule 17, Sec. 1 and 2).

Section 8. Body Checking. This is the placing of one's body in the path of an oncoming opponent with the ball so as to prevent her from following the path she has started. It is intended to slow her down, cause her to pass, or change her direction. The checking player may not move into her opponent or cause any body contact. The attacking player may not charge or push her defender.

RULE 12. THE CENTER DRAW

The opponents shall stand with one foot toeing the center line. The crosses shall be held in the air above and in line with the center line, about hip level, wood to wood, angle to collar, and parallel to the ground. Each player's crosse shall be between the ball and the goal she is defending. The direction in which players face is determined only by the way each holds her crosse, i.e., the player who has her right hand up on the crosse will face the goal she is attacking, whereas the player who has her left hand up will have her back toward the goal she is attacking.

The ball shall be placed in the middle between the backs of the crosses by the field umpire. On the words "Ready . . . draw" by the umpire, the two opponents shall immediately draw their crosses *up* and away from one another. The flight of the ball shall describe an arc higher than the heads of the players taking the draw. After repeated warnings for an illegal draw, the opponent is awarded a free position. No other players shall be within 10 yards of the center draw.

RULE 13. STAND

When an umpire blows her whistle, the ball is dead and all players shall "stand"; no player shall move from her position, unless otherwise directed by the umpire, until the game is restarted.

RULE 14. THE THROW

When the umpire blows her whistle, the players shall stand. The umpire shall stand with her back to the center of the game at a distance not less than 10 yards from the two players, and on the word "Play" shall throw the ball to them with a short, high throw, and the game shall proceed. The two players shall stand at least one yard apart, with the defense player on the goal side of her opponent. No player may be nearer than 5 yards to them. If anyone be within this distance, the umpire will indicate the change in their position. No throw shall be within 10 yards of either goal line, or 5 yards from out of bounds.

RULE 15. OUT OF BOUNDS

Should the ball go out of bounds, the umpire shall blow her whistle and the players shall stand.

Section 1. From the point where the ball went out, the nearest player shall take the ball in her crosse and, on the word "Play" from the umpire, the game shall proceed.

Section 2. In the case of two players of opposite sides being equally near the ball, the two players shall stand five yards within the ground from the spot where the ball went out, and the umpire will award the throw.

Section 3. Should the spot where the ball went out of bounds be near the goal, the umpire shall move the player with the ball, or the players to whom she is throwing, so that they are at least 10 yards from the goal line.

RULE 16. BALL LODGED IN NETTING, CLOTHING, OR CROSSE

Section 1. If the ball lodges in the goal netting or in the pads or clothing of the goalkeeper while she is within the crease, she shall remove the ball, place it in her crosse, and put it in play.

Section 2. If the ball lodges in a place inaccessible to the crosse or about the clothing of a player, except as provided for in Section 1 above, the umpire shall whistle and the player must at once remove it and the throw, with her nearest opponent, will restart the game (Rule 14).

Section 3. Should the ball become fixed in the crosse, the crosse must be struck on the ground and the ball dislodged immediately, otherwise the umpire shall whistle and the throw shall be taken where the player caught the ball (Rule 14.)

RULE 17. FIELD FOULS

A player shall not –

Section 1. Swing or strike her crosse roughly or recklessly up or down on another's crosse.

These types of checking are to be considered rough or reckless:

a. The check on the hand or head.
b. The check with one hand on the crosse when it is swung or flung at a player.
c. The large check which is uncontrolled.
d. The hard check from below upwards which tends to hit the crosse into the face of the player.

Section 2. Reach with her crosse over the opponent's shoulder or head when tackling from behind.

Section 3. Hold down her opponent's crosse, either in the air or on the ground, when her opponent is in possession of the ball.

Section 4. Check or hold down her opponent's crosse when her opponent is *not* in possession of the ball.

Section 5. Detain an opponent by contact with her arms or crosse against her opponent's body.

Note: A player may detain an opponent only by the positioning of her own body, namely body checking (Rule 11, Sec. 8).

Section 6. Charge, shoulder, or back into an opponent.

Note: Charging or shouldering implies motion toward an opponent with unnecessary force and is forbidden.

Section 7. Wrestle with legs entwined, with bodily contact, push an opponent off a ground ball or hold her crosse over a ground ball without trying to pick it up.

Section 8. Trip an opponent or push with the hand or crosse.

Section 9. Guard her crosse with a raised elbow or one hand off the crosse.

Section 10. Willfully touch the ball with her hands, except as in Rule 16, Sec. 1 and 2.

Exception: A player while defending the goal within the goal crease, *may catch or pick up the ball with her hand*, place it in her crosse, and put it in play. She may not throw the ball with her hand but may put it away with her hands or block it in any manner with her crosse or body. (This exception applies to any player who may deputize for the goalkeeper.)

Section 11. Throw her crosse in any circumstances.

Section 12. Kick the ball intentionally, except as in Sec. 10 Exception.

Section 13. Dangerously flip the ball into the face of an opponent by a lever motion starting with the tip of the crosse under the ball.

Section 14. Move from her position when the whistle is blown, except when a goal is scored, or when directed by the umpire.

Section 15. Touch the ball or impede an opponent in any way unless her crosse is in her hand.

Section 16. Shoot for a goal in a manner which, in the opinion of the umpire, is uncontrolled or dangerous.

Section 17. Position herself with others on her team to deliberately obstruct the goal by forming a barricade.

RULE 18. CREASE FOULS

A player shall not –

Section 1. When attacking, have any part of her body or crosse over the crease, either during or after a shot or pass.

Note: A player (attack or defense) may run through the goal crease to field a wide ball.

Section 2. Check the goalkeeper while the latter is within the bounds of the goal crease.

Note: Being within the bounds of the goal crease means that the goalkeeper and her crosse must be within the goal crease.

Section 3. When inside the crease, continue to hold the ball in her crosse, but must pass at once.

Section 4. Draw the ball back into the crease, unless both her feet are in the crease.

Section 5. When outside the crease with the ball, step back into the crease or run across the crease until she has passed the ball.

Section 6. When defending, step into the crease when another defending player is in the crease. (Except as stated in Sec. 1, Note, above.)

Note: When a defending player is in the crease, another defending player may draw the ball out of the crease, providing both her feet are outside the crease.

RULE 19. PENALTY

The penalty for a foul shall be a free position.

Section 1. Free Position. All players shall stand. The umpire shall indicate, where the player taking the free position is to stand, as well as other players; to insure the advantage for the player taking the free position. No player may be nearer than 5 yards to this player. The player awarded the free position shall then take the ball in her crosse, and on the word "Play" by the umpire, the game shall proceed, i.e., the player with the ball may at once shoot, pass, or run with the ball. The free position shall never be taken within 10 yards of the goal line when taken by an attacking player, and this 10 yards shall be measured from the goal line in any direction, at the discretion of the umpire and according to the nature of the foul. Should a foul have prevented an almost certain goal, the umpire shall order any player or players, including the goalkeeper, from between such free position and goal.

Section 2. In case of two opponents fouling simultaneously, the umpire awards the throw (Rule 14).

Section 3. For rough or dangerous play or misconduct. In addition to awarding a free position, the umpire may also warn the offending player or suspend her from further participation in the game.

Section 4. The umpire shall penalize any play which, in her judgment, violates the intent of the rules. The intent of the rules is to prescribe an open, free skillful game devoid of roughness and dangerous play.

INTERPRETATIONS

Inquiries on interpretations of rules must include a stamped, self-addressed envelope and should be addressed to: Eleanor Kay Hess, 302 N. Chester Rd., Swarthmore, PA 19081.

In writing, please include the number and the section of the rule to which your inquiry refers.

QUESTIONS AND ANSWERS ON LACROSSE

1. When may substitutes enter the game?

   In high school and college games, at the discretion of the umpire when the play is away from the area where the substitution is to occur. In other games, only in case of injury.

2. May the hand be used to release a ball stuck in the crosse?

   No. Once this has been discovered, the crosse must be immediately struck on the ground to release it. If the player continues to run, or if the umpire must sound her whistle, the throw is taken.

3. Is it a foul if a player slips her top hand down to the middle of the crosse?

   No. A foul has not been committeed. However, as this player has less control of her stick, she should be carefully watched for dangerous checking.

4. When is a player called for illegally guarding her crosse?

   If a player, whose opponent is in position to crosse check, raises an elbow or arm to prevent this check, a foul should be called. A player, who is playing the ball with one hand on her crosse, should not be penalized unless she is illegally guarding her crosse.

5. May a player cross the crease to reach a free ball or get to her opponent more quickly?

   A player may cross through the crease to field a wide ball. She may not cross the crease to reach her opponent more quickly.

6. Is a goal scored, if the ball goes into the goal off a nonplayer?

   No goal. Game should be restarted by a throw, 10 yards to the side of the goal.

7. Why should goal umpires use a whistle to signal any violations of the crease rather than the flag?

   Play should be stopped immediately when a foul is called and not all players would notice a waving flag.

8. May a defending player with the ball run through the back of the crease to make a better clear to her wing?

No player may enter the crease with the ball. If this occurs, the attack is given a free position, 10 yards out and to the side of the goal.

9. If two players are going for an aerial ball and one hits the other's stick to get it out of line with the ball, should a foul be called?

   No player may check the crosse of an opponent not in possession of the ball. A foul should be called and a free position awarded.

10. When a player is body-checking an opponent and body contact occurs, how is it possible to tell who is at fault?

    Deliberate charging is quite easy to detect. A good rule to follow is if the body-checker is moving back and is brushed on a dodge, the attack is usually at fault. However, if the defending player makes her turn on the dodge and body contact ensues, it is probably her fault.

11. If a dog gets onto the field and interferes with the play, what is the procedure?

    The umpire shall call time-out and have the dog removed from the field. Play should be resumed by the player in possession of the ball when the time-out was called or, if no player had possession, by the throw.

12. On a draw, what is the decision when one player moves her crosse before the whistle or signal to draw is given?

    The player is warned and the draw is taken again. If this continues, her opponent is awarded a free position.

13. Is a zone defense permitted in lacrosse?

    There is no rule to forbid the defense in setting up a zone to protect the goal area. However, a defensive barricade in front of goal is illegal.

14. What is meant by "pushing" an opponent's crosse?

    This is the type of foul which may happen on a crosse check. The stick is hit against the opponent's and not removed immediately as in a tap. This hinders the ball carrier's cradling motion and breaks the rhythm. It should be called and a free position awarded.

15. May the goal umpire referee the play behind and near the goal?

This must be decided by the umpires before the game is started. Usually, if the goal umpires are rated, the field umpire will ask the goal umpires to make decisions on out-of-bounds and fouls behind the goals. Only competent people with a full knowledge of the rules should be asked to be goal umpire.

16. May an umpire call a play which looks dangerous even though no foul has occurred?

The umpire is empowered to use her discretion to keep the game free from unnecessary roughness. For instance, in a scramble for a ground ball among inexperienced players, she might wish to call the throw to open up the play and prevent an accident.

17. The goalkeeper puts one foot outside the crease to retrieve a ground ball. May she step back into the crease to clear the ball?

No. Once outside the crease may not bring the ball back in with her.

18. Must all players remain where they are when the umpire calls "Stand"?

All players must "stand," including the goalkeepers.

19. Is it a foul to kick the ball?

It is a foul only if the ball is kicked intentionally.

20. On a center draw, may both attack wings of one team line up on the same side of the center circle?

It is legal for the players to position themselves in preparation for the draw as long as they are outside the center circle.

21. May men's lacrosse sticks be used?

Only if they conform to the specifications as described in Rule 1. The Crosse.

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